

TAKE CARE OF
YOURSELF

Rachael Amarante

Rachael Amarante Bio.

Rachael learned years ago that we cannot bubble bath our way to our goals – long before self-care culture took the mainstage. Instead, through her own trial and error and 15-year’s experience training high achievers, she figured out how we must take care of ourselves to achieve sustainable success in every area of our lives.

We know the world is unhealthy and underachieving because people are unclear about how to do work and life and WIN at the balance. Now more than ever the areas of our lives are intertwined. When we take care of our health, our business wins. When we take care of our minds, our families win. Let’s take care of you, your business, your family, together.

Rachael is a former burnt-out corporate and small business executive turned professional speaker, best-selling author, leadership coach, and founder of the movement, Take Care of Yourself™. Rachael lives in St. Paul, Minnesota with her husband and four young boys. When she’s not speaking and coaching her teams, you can find her experimenting in the kitchen and playing baseball in the backyard.