



About Rachel Howells

Rachel is deeply passionate about effective communication - whether she's performing and bringing stories to life herself, or coaching and helping others to achieve their full potential.

With a global career spanning acting, directing, facilitation, and coaching, Rachel has worked extensively on leadership excellence programs designed to drive high performance. Over the past two decades, alongside her acting and sales roles, she has collaborated with senior leaders across diverse industries, helping them refine their leadership skills through tailored sessions and personalised coaching.

Rachel has a wealth of experience delivering courses on personal impact and presence, difficult conversations, coaching, influencing and inspiring, sales and negotiation, storytelling, forum theatre, unconscious bias, and emotional intelligence. She is also proficient in frameworks such as DISC, Insights, and StrengthsFinder 2.0.

Beyond coaching, Rachel writes and designs scripts and training content for live and recorded actor-led learning programs, ensuring an immersive and impactful learning experience.

Examples of Rachel's work:

- Designed and delivered a real-life business simulation as part of an academy program for a global investment bank, focusing on coaching conversations, presence and impact and presentation skills.
- Delivered 18 different leadership programs for Rolls-Royce.
- Wrote, designed and delivered an actor simulation for a global virtual program for Lloyds Register.

Accreditations

- BA Hons in Acting from The Birmingham School of Speech and Drama

What clients say about Rachel:

"Rachel created a space that felt comfortable and psychologically safe, allowing us to show up as our best selves in the practice."