

Rachel S. Heslin

Changing stories, transforming lives

Rachel S. Heslin has been immersed in the study of psychology for over 35 years. Her father, a clinical psychologist, taught his children his craft such that Rachel was first introduced to Neurolinguistic Programming (NLP) concepts when she was 9 and has been performing Parts Work and refining her reframing skills since the age of 11. Her article on growing up in this type of environment appeared in the official Milton H. Erickson Foundation newsletter.

After receiving her own bachelor's degree in psychology from UCLA, Rachel facilitated training for the Southern California Society for Ericksonian Psychotherapy and Hypnosis (SCSEPH), helping teach therapists how to incorporate storytelling techniques into a clinical setting. This fascination with the importance of narrative has been a recurring theme throughout her life, manifesting in such diverse areas as:

- being responsible for team- and morale-building communications during company restructuring as the Corporate HR Administrator for Unilab,
- acting as Director of Public Information for the non-profit Campaign for a New United Nations Charter (CNUNC), and
- writing a column under the nom de plume Shayna Jaeger about the joys of motherhood for SarahFerguson.com, the former Duchess of York's social networking site.

Her love of creating empowering stories even extends to finding illustrative patterns in numbers. Her ability to transform sterile data into actionable information proved instrumental in helping develop the Bear Valley Healthy Start Student Support Program, an organization affiliated with the local school district to provide non-academic supports to at-risk children and their families. By creating systems for tracking and analyzing the efficacy of provided services, Rachel contributed to the ongoing longevity of the program even during the most challenging of economic climates. This led to the program being chosen by the state of California as a case study model for providing school-based social services in a rural setting.

In addition to her work with the Healthy Start Student Support Program, Rachel has enjoyed contributing to her community by sitting on the Board of Directors for the Fawnskin Chamber of Commerce, and she currently holds the position of president of the Mountain Healing Arts Association.

In spring of 2014, Rachel was appointed Director of Exhibitors for the prestigious California Women's Conference, produced by Women Network and the non-profit Global Women Foundation. This was an incredibly dynamic event and Rachel is very grateful to have had the opportunity to be involved.



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Her company, The Fullness of Your Power, is inspired by helping people embrace *all* parts of themselves so they can lead more fulfilling lives. Her mini-ebook, ***The Map of Your Life***, looks at how our perspectives affect both our experience and our opportunities and can be downloaded for free from her website at <http://www.thefullnessofyourpower.com/map-of-your-life/>.

Her first book, ***Navigating Life: 8 Different Strategies to Guide Your Way***, is now available in a revised second edition. It identifies and addresses the multiple factors that we need take into consideration so that we can create the lives we *want* to be living and move forward with confidence and ease.

Her second book, ***Rituals of Release: How to Make Room for Your New Life***, is the first of her Making Peace with Your Past series. Upcoming books in the series include ***The Power of Self-Forgiveness***, and ***Deeper Sorrow, Greater Joy: Healing Through Grief***.

As with the rest of her multifaceted career, these books each promote the theme of identifying and *changing* our internal stories so we can live our lives more fully. It is both the inspirational and practical aspects of this that she shares in her public speaking presentations, leaving her audiences motivated and empowered to approach the world with curiosity, optimism, and enthusiasm for their next adventure.

