

# Rachel Rider, Executive to Entrepreneur - Episode 291

## In this Episode:

- Rachel shares how she cultivated a serious meditation practice from a young age
- How our essence as a woman evolves in a different form and deeper way
- The time she took the leap from being an executive to becoming an entrepreneur
- The reasons why she's been a seeker
- How she discovered somatic experiencing and the changes she experienced
- The three components she brings in her coaching and the shifts they bring to the corporate world
- She talks about the unhelpful cultural norms in the corporate world
- How inner work attributed to some of the success steps that she's taken as an entrepreneur
- She talks about her book and how she's working on her comfort with visibility

## Notable Quotes:

"I feel like I get healing from my clients as I help them heal."

"There's something that your brain can't fix if it's sitting in your nervous system."

"The whole point of process and systems and communication tools is so business can flow more smoothly and everybody gets a little breathing room."

"How you show up is how you're leading."

"Stepping into the role as an entrepreneur, it's like a seeker's, either nightmare or fantasy because you got to look at your stuff."

"My overhead is my inner work."

"I see myself as a template for my business, I am the product."

## Pearls of Wisdom:

1. You always have access to your inner world.
2. Collect data on what your visceral response is to something and how you feel about something.
3. Have compassionate accountability when you collect that data. Be curious and don't let yourself slide.

## Resources:

**Rachel Rider** founded [MettaWorks](https://mettaworks.io) in 2015 after a distinguished career in HR, receiving executive coaching certification from Columbia University, and extensive training in meditation, Somatic Experiencing, and Polarity Therapy with the aim of bringing leaders tools to unlock effective, long-lasting change in concert with the body. She is the author of [Who You Are Is How You Lead](#).

**Website:** [https://mettaworks.io/](https://mettaworks.io)

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