

# MP6 CONSULTING



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**Rachel Verlik** is the CEO and Founder of MP6 Consulting, LLC, and serves as a coach, consultant, and facilitator.

Rachel has over 20 years of business experience, including 13 years of Federal service as both an independent contributor and as a leader. She has served at agencies such as the U.S. Coast Guard and the Securities and Exchange Commission. Her roles have included Project Manager (in both IT and HR), Leadership and Organizational Development Specialist, Assistant Director, and Chief of Staff positions. Her leadership roles occurred in organizations that were experiencing major systemic and organizational change after national events such as 9/11 and the 2008 financial crisis.

Rachel is a warm, dynamic and down to earth facilitator, partnering with organizations and teams to identify goals, as well as the ability to unearth and mitigate challenges and hurdles to meet those goals. In addition, Rachel facilitates a variety of leadership development programs, including design, development and delivery of a 9-month cohort-based leadership development program. She is well known to create strong community cohesion in these programs. In her coaching practice, Rachel has a practical, results-oriented approach, focused on her philosophy of coaching the whole person—mind, body, and spirit. She uses her warmth, humor, industry/leadership experience, and down-to-earth personality to establish rapport and build relationships with her clients. She works with clients to identify their values and deconstruct their internal stories with the goal to identify new possibilities and help clients reach their desired futures. Her interest areas are mid-level leaders, career transitions, resiliency, communication, confidence, emotional intelligence, and new/ emerging leadership development programs

Rachel holds a Bachelor of Social Work from James Madison University and a Masters in e-Commerce from George Mason University. She also studied at the Universidad de Salamanca in Salamanca, Spain as well as the Federal Executive Institute. Rachel completed the highly acclaimed Leadership Coaching Certificate Program at Georgetown University. She is a Professional Certified Coach through the International Coaching Federation (ICF). She has several certifications, including Myers-Briggs Type Indicator (MBTI), Brené Brown's Certified Dare to Lead™ Facilitator, Leadership Circle 360, EQ-I 2.0, EQ-I 360, DiSC/The Five Behaviors of a Cohesive Team, and as a Global Career Development Facilitator. In her spare time, Rachel enjoys spending time outdoors (mostly in her vegetable garden), with her dog, friends and family, or at a baseball game. Rachel [blogs](#) for the *Huffington Post* in areas of mental well-being.