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Rachel Boehm is a business performance coach and consultant. Using science-backed, people-proven methods, she specializes in burnout prevention and recovery. Rachel is the founder of BS On Burnout®. She helps leaders and their teams tap into their full potential so they can get unstuck, save dollars and time, maximize their energy, and reignite their work or workforce while ditching the “daily grind.” Additionally, she is a national keynote speaker, award-winning memoirist, and podcast guest. Rachel is a National Board-Certified Health and Wellness Coach (NBC-HWC) through the NBHWC and a Ph.D. candidate in business psychology.