

**Rachel C. Swanson** – Best-selling author, speaker, podcaster, and accredited life coach.

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**Rachel C. Swanson Bios** – Please use whichever one fits for your needs. A common favorite is the *medium* bio. 😊

### LONG:

Rachel is a dental hygienist turned best-selling and multiple award-winning author, speaker, podcaster, and accredited Christian life coach. With over **100,000+** online followers and growing, her inspirational messages of faith are captivating hearts, creating authentic change in all who connects with her. With published video and print articles by *Famifi* (100+ million followers), *Crosswalk*, *(In)Courage*, *LifeWay*, *MICI Magazine*, and more, her writing has reached multiple millions worldwide. Her best-selling and award-winning book, ***Big and Little Coloring Devotional***, was birthed by her own struggle to keep it together as a busy mama of three children under two years old. Additionally, her debut nonfiction book, ***Refine and Restore: Revive Your Heart, Release Your Purpose***, launched October 8, 2019 and a sequel to the much loved coloring devotional, ***Big and Little Activity Devotional***, launched March 3, 2020.

Rachel has a deep-rooted passion to help women refine the lies holding them back and restore their hearts back to God's truth. Her personalized coaching programs includes spiritual growth principles, scientifically-based mindset practices, and stress-management tools to enable women to walk in alignment with their unique purpose, using their gifts confidently in all seasons of life. She also serves aspiring authors helping them gain the right tools necessary to pursue their writing dreams.

Rachel is an inspirational and motivational speaker on the following popular topics: purpose and identity, modern motherhood struggles, spiritual growth and overcoming anxiety.

She obtained a bachelor's degree in pre-medicine and pursued additional schooling for a career in dental hygiene. However, after many years of scraping teeth and oral education, she journeyed on a side path of writing, speaking, and coaching, which she soon realized was her greater passion. Rachel has invested in multiple online programs and conferences, giving her the tools to become successful in writing, speaking, and leadership.

After she and her husband wrangle their Wannabe Triplets off to school in the mornings, she enjoys sipping her chai lattes on her rustic patio admiring the rural hills of southern Idaho. Find out more about her faith-filled adventures at [www.RachelCSwanson.com](http://www.RachelCSwanson.com).

## **MEDIUM:**

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## **SHORT:**

Rachel C. Swanson is a bestselling and multiple award-winning author, inspirational speaker, and accredited life coach. She's passionate about refining away the barriers that are holding others back and restoring their hearts and minds back to God's truth. She's the author of ***Big and Little Coloring Devotional***, ***Big and Little Activity Devotional***, and ***Refine and Restore: Revive Your Heart, Release Your Purpose***. After she and her husband wrangle their Wannabe Triplets off to school in the mornings, she enjoys sipping her chai lattes on her rustic patio admiring the rural hills of southern Idaho. [www.RachelCSwanson.com](http://www.RachelCSwanson.com).

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