



## SPEAKER SHEET

Rachael Parland - The Identity Alchemist

Subconscious Reprogrammer | Hypnotherapist | Energetics Expert |  
Multidimensional Coach | Author

## BIO

Rachael is known as The Soul Alignment Guide, a Global, Trauma Informed, Identity Alchemist, multidimensional Healer & Human Design Strategist, helping high achieving purpose led individuals and rising leaders break free from outdated identities and step into alignment, emotional freedom and authentic power.

After building a life that looked successful on the outside yet felt unfulfilling on the inside, her world changed following the loss of her son. This moment sparked a profound awakening and led her into subconscious healing, somatic work, breathwork, Human Design, NLP, EFT and quantum energetics.

Her unique approach blends psychology, energetics and spiritual embodiment to guide clients from survival patterns into clarity, confidence and inner peace. Her mission is simple: to help people remember who they truly are so they can create lives that feel as good as they look.



## SIGNATURE TALKS

### 1. Identity Alchemy: How to Realign Your Identity, Energy and Subconscious for True Success

Her signature transformation talk.

This keynote explores how to release conditioned identities, rewire subconscious patterns, regulate the nervous system and realign with your true energetic design.

Perfect for audiences ready for deep personal, spiritual or business awakening.

Listeners will learn:

- why misalignment is the real source of burnout
- how identity shapes success, self worth and purpose
- how to shift your subconscious identity
- how to create alignment, emotional safety and authentic power
- practical steps to reconnect with your true self

### 2. Identity Alchemy = Identity Mastery: Becoming the Highest Version of Yourself

A deeper, more advanced keynote.

Focuses on self-mastery, energetic embodiment and the daily identity shifts required to step into your next-level self.

Listeners will learn:

- how identity, energy and emotions create their reality
- how to regulate the nervous system for growth
- how to embody their aligned, empowered self
- how to lead life intentionally rather than reactively
- why true mastery begins with inner alignment

# SOUL ALIGNMENT

## KEY TALKING POINTS

- performing success vs living in alignment
- how identity shapes behaviour and outcomes
- the subconscious as the root of sabotage
- nervous system safety = spiritual expansion
- Human Design as your energetic blueprint
- somatics + energetics + subconscious = deep transformation
- the pathway from misalignment to embodiment
- becoming the version of yourself you were designed to be

## THE SIGNATURE STORY

From creating external success to experiencing deep personal loss, Rachael rebuilt her identity from the inside out. Her journey from grief to alignment became the foundation of her multidimensional work. She teaches transformation not as theory, but as lived experience.

## CERTIFICATIONS

Human Design

Breathwork

NLP

EFT

Hypnotherapy

Master Cognitive Rewiring

Somatic Healing

Quantum Energetics

Life Spiritual & Business Coaching

Reiki Master, Kundalini, Arcturian



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**SOUL**  
**ALIGNMENT**