



Rachelle Sylvain

Life Strategist

BIO

Biography

Rachelle Sylvain-Spence is CEO/Founder of a life strategy and consulting company, R-Motivation LLC. Currently her company continues to motivate, inspire, uplift and impact the lives of many. Rachelle is a married mother of two who holds a Master's degree and a license in Social Work. She was born in New York City and raised in Haiti. Unrest in Haiti at a young age had a profound impact on her life and during her teenage years she moved to New York City. This taught Rachelle that in order to succeed in life you must be willing to do whatever it takes. Rachelle worked her way through her undergraduate degree and at the age of 25 she obtained her Master's degree in Social Work.

Rachelle relocated to South Florida and became very active in community relations. Rachelle is a motivational speaker, life coach, mentor, entrepreneur and philanthropist. She dedicates some of her time by doing work in the south florida community. She founded the Timoun Lakay Foundation, a non for profit organization dedicated to providing support to the disadvantaged children in Haiti through nutrition, education and building leadership and empowering skills .

Rachelle is determined to help professional/entrepreneurial women find balance in their lives. She strongly believes that the journey towards a fulfilled balanced life and extraordinary results starts with self discovery. Identifying one's purpose in life and energetic level will ultimately lead to the greatest results. Rachelle's life purpose is to help individuals break through their self resistance, connect with their inner rhythm, shift energy and live a life filled with abundance.

Rachelle specializes in self discovery and energy shifting and has recently written an inspirational guide to self discovery called "minergi" where she introduced a 7 step process to connecting with your inner rhythm and 4 stages to shifting energy. Rachelle travels throughout south Florida motivating people by speaking and facilitating workshops.

