



RACHEL WRIGHT

PSYCHOTHERAPIST | SPEAKER | COACH

about rachel

Psychotherapist Rachel Wright is recognized as one of the freshest voices on millennial and couple-preneur relationships. She and her husband Kyle co-founded Wright Wellness Center in 2016 to bridge the gap between a self-help book and a therapist's couch. Together, they're changing how we approach relationships, sex, and mental health.

With a Master's Degree in clinical psychology, Rachel has worked with thousands of couples all over the world, helping them scream less and screw more. She has brought her message to stages across the globe, and is also a sex educator, writer, and co-host of the popular Bachelor-themed podcast, The Wright Reasons.

Rachel has been featured widely in the media including Cheddar TV, Cosmopolitan Magazine, Simplify Magazine, InStyle, CNN, Women's Health, NBC News Radio, Huffington Post, CNN, Refinery29, MindBodyGreen, Bustle, and dozens of other outlets. She currently lives in New York City, where she nurtures her love for all things musical theatre.

rachel's mission

To remove the stigma around working on your relationship, mental health, and sex life by making it fun and approachable.

speaking + hosting

As a trained performer, host, and speaker, I love opportunities to engage with audiences big and small, as well as the chance to host in-person and on-camera events.

I can customize a talk for your group/audience/organization around the topics of:

- Modern & Millennial Relationships
- Entrepreneurship + Couple-Preneurship
 - Intimacy, Sex & Libido
- Communication (Team + Relational)
- LGBTQ Relationships + Mental Health
 - Anxiety
 - Life Transitions



what others have said

"Rachel is a **force** on stage!"

- Chris Winfield, CEO of Super Connector Media

"Rachel is a dynamic, fun, and approachable speaker that **not only motivates, but educates**. She creates a **safe space** for people to learn and look within while connecting with others. I've had the pleasure of seeing Rachel speak in many formats and highly recommend her as a speaker, presenter, host, and panel member."

- Jennifer Kem, Top Business Strategist and Brand Futurist

contact details

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Press Page

www.wrightwellnesscenter.com/rachel-press



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