

Rachel Foy

Empowering female go getters to stop fighting food and quieten their inner gremlin

Popular speaker topics

- Overcoming binge eating and emotional eating
- Why feeding our souls is the key to happiness
- Spirituality for the modern woman
- Why weight loss is not the answer to your problems
- How to improve self trust and intuition
- How becoming a soul fed woman will grow your business faster than any blueprint
- How to stop perfectionism and not feeling enough
- The symbolism of food addiction and weight obsession

Meet Rachel

Rachel Foy is an eating psychology mindset mentor, clinical hypnotherapist, author of 'The Hungry Soul' and the founder of the Soul Fed Woman. She empowers female go getters to stop fighting food and quieten their inner gremlin by taking their power back, creating the life they are hungry for, and awakening their soul fed woman.

Rachel believes that when a woman relearns to listen to her inner wisdom and awakens her soul fed woman, she can ditch perfectionism, dissolve fear and reconnect to her intuition + self trust allowing her to live a full up life where food is no longer in control

Much like a perfectly baked carrot cake (her other passion), Rachel's 10 years of professional experience is carefully mixed with therapy, psychology and neuroscience with a generous dollop of modern spirituality to allow her clients the greatest level of transformation and freedom

Rachel offers mentoring, group journeys, live events and one day experiences to any woman who is ready to embark on her own journey of regaining her power and awakening her own Soul Fed Woman



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