

ME 2 LEAD

EMPOWERING MILLENNIAL WOMEN

Rachel Brownlow Lund empowers ambitious millennial women to become well-connected influencers and create incredible lives of impact. A passionate communicator and leadership coach, Rachel helps young women overcome feelings of comparisonitis and self-doubt to become confident, career-savvy changemakers who work, play and lead in their zone of genius.

Many of Rachel's clients are high-achievers who feel that they have extraordinary potential to offer the world. They dream of helping others, changing the world, and living their best life, and Rachel helps them bring those goals into reality, whether it's joining the right board and becoming more civically engaged, building out a profitable side-hustle, or developing the skills and financial stability to finally move out on their own.

Through her coaching and mentorship, she has helped dozens of millennials establish lucrative career advancement opportunities, win thousands of dollars in earned grant money, and secure key recommendations that moved the needle forward. Her work as a millennial women's leadership and empowerment coach has been featured internationally on stage at Eleanor Beaton's Million Dollar Message conference, *The Creative Disruption Show*, and *Young Money* podcast.

Rachel received her undergraduate degree from the University of Texas at Austin and has a background in writing/editing and entrepreneurship. Over the years, she has contributed hundreds of articles to publications such as the *Austin Business Journal*, *Houston Business Journal* and *View* magazines. Prior to taking Me2Lead full time, she oversaw *Hill Country View Magazine* for two years as editor-in-chief; founded *Scene in Austin*, a comic book style publication; and helped launch *Bliss Bridal Magazine* as chief editor.

During her last semester of college, she founded Your Written Word LLC, a ghostwriting company that, for nearly a decade, specialized in helping business owners position themselves as thought leaders in their industries through ghostwritten journalism, copywriting and other content creation. Together with her team, Rachel helped ghostwrite more than a dozen nonfiction books for industry leaders.

In her free time, Rachel enjoys traveling, spending time with friends and family, and volunteering with the Seedling Foundation, a school-based mentorship program that pairs reliable adult mentors with children of incarcerated parents. Rachel has been a Seedling mentor for six years and is proud to serve on the Seedling marketing committee as an advisor and advocate. She also serves as the 2017-2018 Senior Vice President on the board of the Young Women's Alliance Foundation. Prior to that, she served as 2016-2017 Vice President of Programs on the Young Women's Alliance (YWA) board of directors and on the YWA Events Committee as Holiday Party Chair. Rachel is a Sustaining Member of the women's collective giving group Impact Austin, where she serves yearly on a Grant Review Committee, and is a member of women's business groups Ellevate and Polka Dot Powerhouse.

In 2014, Rachel graduated from Leadership Austin, where she continues to volunteer regularly; she has also graduated from civic leadership programs CityWorks Academy, Citizen Police Academy and AISD UpClose. She is a 2018 Fellow of the New Leaders Council—Austin Chapter. Rachel lives in Austin, Texas with her amazingly supportive husband, Justin, and adorably mischievous dog, Hans. For more information, contact Rachel at rachel@me2lead.com or connect with her on LinkedIn.