



"Bringing Out the Best in People"

**Rachel Choppin: Founder, HR 4 You**  
**Instructor: UCLA and UC Davis Extensions**

*Rachel Choppin is an accomplished teacher, mentor, human capital consultant and career counselor with 20 years' experience in facilitating professional and leadership development over three continents. She is passionate about creating interactive learning experiences and bringing out the best in people. Rachel excels in engaging participants in applying 'we learning' in the 'here and now' and contributing to their organization's success. For menu of courses, visit [Teaching](#).*

Rachel has successfully hired, coached, trained and transitioned hundreds of professionals both as a VP of HR and as a consultant. She has consulted and conducted training with organizations such as Boeing, Northrop Grumman, Nielsen, Newegg, Ingersoll-Rand, Razor USA, Intercare Therapy, Klune Industries, Medtronic, Advanced Medical Review, the City of Sacramento, the Metropolitan Water District of Southern California, UC Davis, UC Santa Cruz and Stanford Universities. For clients' recommendations, see [Testimonials](#) and [LinkedIn](#).

Rachel created professional development coaching programs - [Career Your Passion](#), [Navigate Organizational Politics](#) and [Manage Yourself for the Life You Want](#) and guided many professionals in achieving their dream careers and work-life goals. She is a member of the Association for Training and Development (ATD), Society for Human Resource Management (SHRM) and the UC Davis Extension's Human Resources Development and Management Advisory Board.

Rachel earned an MA in Career and Educational Counseling from UCLA, a Certificate in Counseling from The Lincoln Clinic and Institute of Psychotherapy in London, and a BS and Teaching Certificate in Science from The Hebrew University in Jerusalem. She is trained in online instruction by UCLA Extension.

**Areas of Expertise**

Creating Training Programs  
Career and Executive Coaching  
Consulting and Facilitating  
Performance Management  
Change Management  
Personality Assessment  
HR Audit and Outsourcing  
Teaching & Mentoring

**Industry Experience**

Adult Education  
Hi Tech & Internet  
Entertainment  
Healthcare  
Manufacturing  
Food  
Construction  
Market Research  
Universities

**Functional Experience**

Human Resources Management  
Recruiting  
Career Counseling  
Educational Research

**Assessment Instruments**

MBTI  
DISC  
Career Leader  
EQ Self Survey  
Core Values and Competencies

**Education**

MA, UCLA  
Trained in Online Instruction,  
UCLA Extension  
Certificate in Counseling,  
The London Clinic and Institute  
of Psychotherapy, England  
BS and Certificate in Teaching  
Science, The Hebrew University,  
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