



## Meet the Team

### RACHEL MUNNS

Rachel is proud to be the founder of Resilient Me.

She started out as a television journalist and media trainer, and became drawn into the world of self-help initially by training to be a counsellor, then latterly through training to be both a mindfulness practitioner and a mental health first aider.

Whilst she considers this training and experience to be hugely valuable, it is her own first-hand experience of stress-related illness and mental health issues in her family and beyond that truly qualifies her to help others.

Her motivation in setting up both the business and charity-related aspects of Resilient Me is to ensure other adults and teenagers avoid similar difficulties and are better-prepared to recognise and deal with life's stresses effectively.

She is married to Tony and has two sons, lives in Lincolnshire and enjoys music, theatre, walks with the dog and waterskiing.