Rachel DeAlto - Biography

Rachel DeAlto is on a mission to connect people to their most powerful resource – each other. A former attorney with a master's degree in psychology, Rachel is a communication and relatability expert, author, media personality, and researcher who combines her education, expertise, and experience to create a blueprint for leaders and teams to build better connections – and thereafter, better everything. Rachel's programs are highly interactive, customized, and create the potential for a ripple effect in every area of the audience's lives. Her signature programs involve a framework that helps people understand themselves, their relationships, and their impact on others. She has trained executives, employees, and teams in a variety of industries around the world: from global Fortune 500 companies to startups, governments to nonprofits. And she does it all with her trademark humor and energy. She is the author of relatable: How to Connect with Anyone Anywhere (Even if It Scares You) and has appeared as an expert on Lifetime's Married at First Sight and as a guest on over 200+ national media outlets such as Good Morning America, CNN, Fox New, and The Today Show. She also maintains an influential social media presence where she shares psychological research updates and practical takeaways to connect and communicate more efficiently. As a popular keynote speaker, Rachel delivers programs on leadership, the power of connection, customer experience, sales, and communication. Her most recent TEDx Talk, Being Authentic in a Filtered World, was featured on TED.com. A celebrated authority on the topics of connection and relationships, Rachel is also the Chief Connection Officer at Match Group, the largest global portfolio of popular online dating services