



"Bringing Out the Best in People"

Rachel Choppin: Principal, HR 4 You Instructor: UCLA, UC Davis and UCI Extensions

Rachel Choppin is an accomplished teacher, human resources consultant and career counselor with 20 years experience in facilitating professional development, management training and legal compliance over three continents. She is passionate about bringing out the best in people and engaging participants in applying learning in real time and contributing to their organization's success.

Ms. Choppin is a highly-rated instructor and a frequent speaker and facilitator at corporate retreats and professional associations. She has successfully hired, coached, trained and transitioned hundreds of professionals both as a corporate executive and a consultant. Ms. Choppin has consulted and conducted training with organizations such as Boeing, Northrop Grumman, Nielsen, Newegg, Ingersoll-Rand, Razor USA, Multilink Technology, Klune Industries, Medtronic, the City of Sacramento and the Metropolitan Water District of Southern California.

Ms. Choppin has developed the coaching programs, ***You Are the CEO of Your Life*** and ***Manage Yourself for the Life You Want***, and has guided many professionals in achieving their work-life goals. She is the Professional Development Chair of Professionals in Human Resources Association, District 5 and the facilitator of ***Schmooze and Learn***, a member of the Society of Human Resource Management, and a member of the UCLA Extension Human Resources Management Advisory Board.

Ms. Choppin earned an MA in Career and Educational Counseling from UCLA, a Certificate in Counseling from The London Clinic and Institute of Psychotherapy, and a BS and Teaching Certificate in Science from The Hebrew University in Jerusalem.

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