



# RACHEL TAANE

**Location:** Tauranga

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Rachel Taane is an engaging, adaptable and soulful creative who can relate to all walks of life.

Rachel was born and raised in Ōtautahi Christchurch and is of Greek heritage. Rachel shares her life to inspire and empower others, to promote well-being, consent education, healthy relationships and resilience.

Raising two children with her partner- well-known musician Tiki Taane, Rachel recognises the importance of balancing work with family life. She showcases her learnings with the hope that her story will inspire people to seek support and prevent intergenerational trauma.

In working with schools, family violence services, sexual violence support services, I Am Hope Gumboot Friday charitable trust and community centres, Rachel has helped young people and families navigate sexual abuse, mental health issues, financial difficulties and addiction.

Her social work career was fuelled by her own traumatic experiences which included being raped when she was in her first year of secondary school. This led Rachel on a downward spiral, dropping out of school, engaging in anti-social behaviours and became hooked on methamphetamine. This was a coping mechanism to escape from her sexual violence trauma.

She began using needles at age 17, was involved in multiple house police raids for drug activity, was arrested several times resulting in convictions for fighting and drink driving. After five heavy, long, traumatic years of addiction, Rachel begged for help and in 2010 supported by her mother, she went into residential rehab where she was inspired to become a social worker.

Packed with information, Rachel's content provides strategy and practical tools that draw on her own stories of addiction and abuse. Rachel is a creative who knows how to create a welcoming and inclusive environment for her audience, mixing important messages with laughter, and anecdotes.



## SKILLS

### Languages

Te Reo Māori » Basic

### Other

Corporate Speaking, DJing, MC Events & Conferences, Public Speaker,  
Public Speaker

### Speaking Topics

Diversity & Inclusion, Female Role Model, Inspirational, Keynote  
Speaking, Lifestyle, Mindset, Motivational, Overcoming Challenges,  
Panel Discussions, Resilience, Well-being

### Sports

Boxing, Gym

