



Moms Who Inspire: Rachel Goldstein



M O M S W H O I N S P I R E
ANNA GANNON NOVEMBER 1, 2016



Photo credit: Jane Feldman

Rachel is the founder and CEO of the multi-faceted management firm, Agent of Change. Using her event planning skills, Rachel started her company to make an impact by “connecting the people that want to change the world with the people who do.” Her clients include His Holiness the Dalai Lama, Marie Forleo, and Kris Carr, to name a few.

There’s no question that the work Rachel does is making an incredible difference in the world, but what impressed me most about her didn’t have to do with her professional success, it had to do with how her voice lit up when she spoke about her son.



Rachel and her son

Rachel has always known that she wanted to be a mother, and two years ago when she welcomed her son into the world she felt truly blessed. She admits that motherhood isn't always easy, and raising a child as a single parent has its challenges. But what I learned about Rachel, is that she doesn't focus on the negative, she zeros in on the positive and keeps herself open to possibilities.

It's Rachel's drive, enthusiasm, and passion that makes me so honored to share her thoughts with you below.

1. What's your favorite part about being a mom?

I love watching my son become compassionate and caring to other kids.. and even me. I have a sweet story that happened the other day. I had a beautiful white sheepskin rug from ABC Home in my bedroom, and unfortunately my shitzu had an accident on it... a big accident! I was furious! My son watched me angrily lift my king size mattress off the ground, pull up the rug, annoyingly fold it up, lift it and stomp thru my house so I could throw it in the back door garbage. I came back to my room and started putting it back together, and my son pulled a white fuzzy blanket from another room and laid it on the floor next to my mattress. It was as if he was saying, "Look mommy, it's okay. I got you another one!" It was by far one of my favorite moments of his 2 years of life.

2. What's been the biggest challenge being a mom?

Leaving my son everyday to go to work when I want to watch him grow. I treasure weekends.

3. Self-care can be a challenge for moms. What advice do you have for moms who want to incorporate more self-care into their lives?

My daily meditation practice even if its belting out kirtan music at my lung's highest capacity or lately I have been obsessed with the 10,000 steps goal from the Health App on my iPhone. It keeps me going every single day.

4. Why did you start Agent of Change and what's the number one thing you want to see come out of it?

I started Agent of Change to make a difference in the world. I wanted to utilize my event production and marketing skills for the greater good. The one thing I would like to see is impact in the lives of the people who attend my events. If they walk away more enriched, more educated, more aware of a cause then my heart is full. Doesn't everyone want that kind of a feeling at the end of a day's work?

5. What's one thing that people would be surprised to learn about you as a mom?

I am not a good cook and read too many recipes online or simply call on my mom for help!!

6. What lesson do you most want to pass on to your child?

What my grandfather taught me.. to be a giver not a taker!

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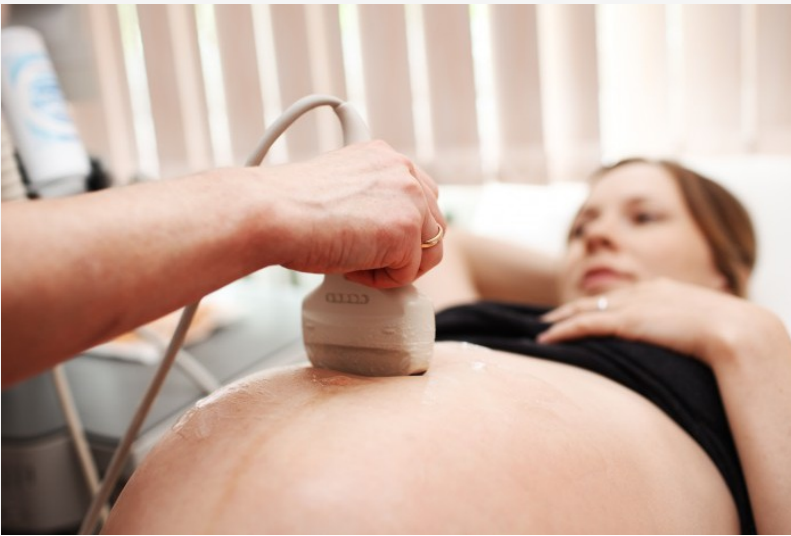


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