

Raquel Altreche

Life Long Learner and Coach



Raquel Altreche completed the Southwest Institute of the Healing Arts' intense, in-class Life Coaching program in 2005. Through this six-month course she found her passion for life coaching. With the fundamentals necessary to complete her dream, she now helps other people fulfill theirs. Following completion of the Life Coaching program, Raquel began her journey as an entrepreneur and created her company "I am...." Associates. Through client referrals, Raquel has maintained a thriving practice where she continues to deliver cutting edge life coaching.

Raquel's passion for life coaching was fueled by her work as an Organizational Consultant for the Arizona Education Association (AEA). Working with local school districts, for over 20 years, she developed professional associations and their leadership. In her work with teachers and support staff, she collaborated, consulted, coached, and trained them working with an average of five to nine organizations consisting of over 2000 members at any given time.

With nearly 1000 hours over the 20 years Raquel trained at AEA, she worked in leadership development, team building, conflict resolution, interest-based negotiations, membership recruitment and retention, effective questioning, and deep level listening. She trained in classroom instruction, lesson planning, evaluations, the rights of students and teachers as well as district policies, procedures, and budget. She also became proficient in developing and facilitating training programs that served the needs of her members.

Throughout her tenure at AEA, Raquel served on various committees including Teacher Evaluation, Quality Public Education, Political Action and Interest Based Negotiations. With her retirement from AEA, she was named President of the Board for Creative Living Fellowship for three years, volunteered as a Life Coach for victims of sex trafficking and domestic violence at Moma's House for over two years and has consistently included pro-bono clients on her client list.

As a life-long learner, she continues to study the field of life coaching and personal development. She attends workshop/trainings (i.e. Personal Success Institute Program and the Progressive and Advance Program offered by Dr. Joe Dispenza) and is a member of the International Coaching Federation. She utilizes their resources to continue to enhance her skills.

Raquel enjoys life. She creates experiences for herself that fulfill her passions. She loves reading, and finds spending time with her three children and three grandchildren to be the pinnacle of her life. She learns, laughs, and grows through interactions with both family, friends, and clients pursuing their life-long dreams.