

Rachel Bowden

Expert trainer / consultant profile



Rachel is an experienced governance, risk and assurance specialist. She works with boards and senior teams to improve governance and risk management, recognising their core role in delivering value to organisations and stakeholders.

Rachel's specialist focus is on risk management and assurance, helping boards ensure they understand the risks, and opportunities in delivering their strategy and value.

As well as working with diverse corporate businesses and public-sector organisations, Rachel is a non-executive director and chair of an audit committee. Rachel cut her teeth as an internal auditor in local government before joining KPMG and then moving into the commercial sector at B&Q. She spent 14 years with RSM (formerly Baker Tilly), for the last six years as a risk assurance partner.

In a voluntary capacity, Rachel chaired the Guidance Working Group of the Chartered Institute of Internal Auditors (UK & Ireland) for six years and was a member of the Internal Audit Standards Advisory Board for five years.

Rachel finally went independent in 2016, founding a consultancy specialising in helping boards and internal auditors, with a focus on making the most of governance, risk management and assurance. Her training practice focuses on audit committees, internal audit, assurance mapping and the role of the NED as well as corporate governance more generally.

Rachel is based in Shropshire and works across the UK.