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Rachel is the Principal Director for European and NATO Policy in the Office of the Deputy Assistant Secretary of Defense (DASD) for European and NATO Policy. Rachel previously served as Director for Central and Southern Europe in this same office. Prior to this, Rachel worked in OSD's Strategy, Plans, and Force Posture (SPF) office where she covered Middle East and Africa strategy and force posture issues and was responsible for outreach/implementation of the 2012 Defense Strategic Guidance.



From 2009-2012, Rachel was assigned to the Strategy Unit in the UK Ministry of Defence in London as part of OSD Long Term Training Exchange. In this position, Rachel worked on the UK's Defence Green Paper, 2010 Strategic Defence and Security Review (SDSR), and 2012 Defense Engagement Strategy. During this time, Rachel also completed a rotation in the tri-departmental (MOD, MFA, Dept. for International Development) UK Stabilisation Unit.

Prior to her assignment to London, Rachel worked in ISP/European and NATO Policy in October 2005 where she was Country Director for Denmark, Norway, Sweden, Finland, Iceland, and the Netherlands and, previously, Country Director for Italy, Greece, Portugal, Spain, and Malta.

Prior to joining the Department of Defense, Rachel lived in Copenhagen, Denmark where she was a Researcher at the Danish Institute of International Affairs. In this position, she conducted military-political and strategic analysis for the Danish Ministry of Defense on European security and defense issues to include ESDP, transatlantic security, defense industry and armaments cooperation, and specialization/niche defense. Rachel has lectured at the University of Copenhagen, Danish Naval Academy, and Denmark's International Studies Program. Before arriving in Copenhagen, Rachel lived in the Czech Republic where she worked at the East West Institute, Prague Center.

Rachel graduated from Colgate University with a BA in International Relations and German and received her MA in Political Science and European Affairs from the College of Europe in Bruges, Belgium. She also studied at Albert Ludwigs Universität in Freiburg, Germany. She is fluent in Danish and proficient in German, Czech, Spanish, and French.