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As a research fellow in the Grover M. Hermann Center for the Federal Budget, Rachel Greszler focuses on retirement and labor policies such as Social Security, disability insurance, pensions, and worker compensation. Her work focuses on policies that promote economic growth, individual freedom, and well-being.

Greszler's writing and research includes analysis of reforms to Social Security and its disability insurance program, with the goals of returning them to their original focus of poverty-prevention and reducing the government's control over personal retirement savings.

She also focuses on both public- and private-sector pensions, seeking reforms to prevent governments, employers, and unions from making underfunded promises, and offering solutions to minimize pension losses and prevent taxpayer bailouts where underfunded promises have already been made.

Greszler also provides research and commentary on workplace issues including: federal employee compensation; women's issues; and labor policies such as the minimum wage and paid family leave.

Before joining Heritage in 2013, Greszler was a senior economist on the staff of the Joint Economic Committee of the Congress for seven years. She completed her graduate studies at Georgetown University, where she earned master's degrees in both economics and public policy. She also holds a bachelor's degree in economics from the University of Mary Washington. She is a former Heritage intern.

Greszler, who grew up in a small town in Western New York, currently resides in Bethesda, Md. with her husband and six children.