

Professional Development:

For teams that think differently.

Current as of October 2025



Introduction



Rebekah King, widely recognised as 'The Brain Changer™', has a unique talent for bringing transformative experiences to professionals eager to achieve greater clarity, purpose and connection in their lives, and the courage to go after it.

With over 400 hours of 1-to-1 coaching sessions and more than 100 workshops delivered across diverse settings, Rebekah seamlessly connects with teams and individuals alike, guiding them toward meaningful, lasting changes in thought and behaviour.

As a Master Practitioner of Neuro-Linguistic Programming (NLP) and Hypnotherapy, Rebekah's approach is grounded in both personal experience and professional expertise.

Her life took a decisive turn after overcoming two decades of depression and anxiety - and healing from a brain injury - spurred by a life-altering encounter with a renowned coach. This transformative experience led her to defy traditional medical expectations and embark on a journey of rewiring her own brain. Today, she uses her qualifications and the lessons of her own journey to help others eliminate self-limiting beliefs and develop empowering mindsets.

A former corporate professional, Rebekah has worked across global companies in three countries, co-founded Moonbeam Monday Training + Coaching, and helped raise over \$1 million for various charitable causes. Her clients, primarily professionals in their 40s and 50s, consistently experience profound shifts, moving from feeling overwhelmed and disconnected to becoming calm, confident, and motivated.

Known for her ability to present complex topics with warmth, humour, and relatability, Rebekah creates an engaging environment that fosters openness and trust. Whether online or in person, her sessions provide a safe space for participants to explore and challenge their mindsets, with results that extend beyond the workplace to positively impact their entire lives.

Rebekah knows that *"when you change your mind, you change your life,"* because she's done it. Committed to helping individuals and teams create these same game-changing transformations, Rebekah lives for enabling people to live and work with clarity, confidence and courage.



What others say about our workplace coaching



*"Moonbeam Monday's program can be **a game-changer in workplace culture.***

Discussions are conducted in a safe and supportive environment and Beck's presence as an independent facilitator helps put the team at ease. Great value for organisations that understand the importance of employee by-in and engagement."

- R. Dillon, Head of Development

Rebekah delivered an exceptional workshop for the team. The team had a great day learning about each other as well as some tips and tricks we can use in the workplace. I highly recommend Beck. She was fun and engaging.

We will definitely have her back for another session! - K. Yuen, CFO

*"Beck has helped me understand myself more deeply, truly understanding why certain things, conflicts or challenges occur and how to resolve these. Understanding the team's communication and behavioural styles has been **a huge help to becoming more cohesive and cooperative.**"*

- B. Williams, Partnerships + Philanthropy Manager

"Rebekah helped us to re-connect as a leadership team, *open our minds to collaboration, teamwork and how to communicate with one another. It was such a worthwhile experience and left us wanting to do more! Thank you again Beck!*

- E. Audino, Chief of Staff.



*I engaged Beck for a team building, and training exercise for our recently merged business. Coming together in this training, enabled us to re-connect as a team, but also **gain better understanding of each other, and what we need to achieve as a group in order to meet business goals.** I highly recommend Beck if you're thinking about a team building and team performance planning exercise.*

- R. Cowie, CEO





Presentations and workshops that make a real impact.

We offer a range of engaging, practical and thought-provoking sessions designed to help people think differently, communicate better, and feel more in control - both at work and in life.

These sessions are for teams who are ready for something real. Not surface-level tips or forgettable slides, but grounded, interactive sessions that spark meaningful conversations and give people tools they can actually use.

You can book a one-off presentation or run a series across the year - with discounted rates for multiple sessions.

Why teams love these sessions

These aren't fluffy, one-size-fits-all presentations. They're practical, thought-provoking, and grounded in real-life experience. Teams leave feeling like someone finally said what needed to be said - with clarity, compassion, and tools they can actually use. There's room to reflect, space to speak honestly, and a refreshing balance of insight and action.

In a nutshell, you get:

- Real tools, not just theories
- A warm, relaxed presenter who "gets it"
- Sessions that meet people where they're at, and leave them better off
- A safe space for open conversation, reflection and growth

Your team will walk away with:

- ✓ Improve communication & collaboration
- ✓ Tools to reduce stress, build self-awareness and focus
- ✓ A stronger, more connected and respectful team culture
- ✓ Lifelong skills for personal & professional growth





Mind Full or Mindful? The real cost of overthinking.

Why smart people get stuck in their heads - and how to shift it.

Description: We all have defining moments. But it's not the moment that shapes us – it's the meaning we assign to it. Overthinking isn't who you are, it's a pattern you've learned, that your brain keeps practicing. And the good news? Patterns can be changed. Rebekah blends real-world examples with insights from neuroscience and neuroplasticity to show how thought patterns form, and how anyone can disrupt them with intention, awareness, and the right tools.

Perfect for: High-achievers, overthinkers, and quietly exhausted professionals who want more than just coping tools... they ready to stop managing symptoms and finally understand what's really driving their mental load.

In this session, your team will:

- Explore why high-performers are especially prone to overthinking, and why typical tools don't work
- Identify the hidden drivers behind stress, perfectionism, and mental overload
- Learn the three core shifts that reduce mental noise and restore clarity
- Walk away with practical strategies to create more space, calm, and focus - both at work and in life

This session blends powerful storytelling, neuroscience, and practical tools to help people think differently and lead with intention, even under pressure.





Rewiring your brain for success.

How the brain works, why we think say and do the things we do, and how to create lasting change.

Description:


Have you ever wondered why you react the way you do? Or why some habits are so hard to break? This workshop dives into the fascinating world of neuroscience and Neuro Linguistic Programming (NLP) to uncover the hidden patterns behind your thoughts, words, and behaviours. We'll explore how your brain creates habits, how memories are formed (and reshaped), and how you can take control of your mindset. Plus, we'll play The Memory Game, a powerful activity that proves just how quickly your brain can rewire itself!

Perfect for: Teams feeling stuck, stressed, or ready to improve focus and performance

In this session, your team will:

- Understand the basics of how the brain processes thoughts, emotions, and habits
- Identify unconscious patterns that hold you back (and how to change them)
- Learn how to shift your mindset in an instant using practical techniques
- Improve focus, memory, and problem-solving skills





The secret to better communication - understanding behavioural styles.

Your team isn't hard to work with - they just think differently.

Description:

Ever feel like you're speaking a different language than your colleagues? That's because we all have different behavioural styles that shape how we communicate, work, and make decisions. This workshop is based on the DISC model, but adapted for even more insight from "Behavioural Styles at Work, and Beyond". It will help your team identify their own personality style, understand the styles of others, and develop the flexibility to adapt their communication for better workplace interactions.

Perfect for: Building stronger communication, collaboration, and culture

In this session, your team will:

- Discover their personal communication style (and how it shows up under stress)
- Learn to adapt and flex for different personalities (without frustration)
- Reduce tension and misunderstandings with tools for clearer, more effective interactions
- Build stronger workplace relationships through effective communication strategies





Living and leading with your values.

When you know what really matters, decision-making becomes easy.

Description:

Our values act as the internal compass that guides our decisions, yet most of us have never taken the time to consciously define them. In this workshop, we'll help each team member uncover their core values, explore how these shape their work and relationships, and learn how to make choices that align with what truly matters to them. When a team understands and respects each other's values, workplace culture strengthens, motivation increases, and collaboration improves.

Perfect for: Teams lacking direction or experiencing misalignment

In this session, your team will:

- Uncover their personal and professional values (and why they matter)
- Understand how values influence motivation, decisions and behaviour
- Recognise where misalignment is causing stress or resistance
- Learn how to make values-based decisions for greater clarity and confidence
- Strengthen team culture by aligning values with collective goals

Note: This workshop can be refocused toward the workplace values if required, where team members collaborate to define and understand the business values.





The mind mastery toolkit - practical tools for clarity, connection and courage.

Create lasting change with mindfulness, reframing, and emotional resilience tools.

Description:

Change is easy... when you have the right tools! This workshop introduces a practical, science-backed toolkit designed to help individuals navigate stress, gain clarity, and build unshakable confidence. We'll explore simple but powerful techniques like breathwork, journaling, mindfulness, and reframing, as well as the game-changing *Inner Sweep* exercise, where participants experience firsthand how they can shift their mindset in minutes.

Perfect for: High-pressure teams, leadership groups, or workplaces navigating change

In this session, your team will:

- Learn five evidence-backed tools to reduce stress + increase clarity
- Discover when and how to apply each technique for maximum impact
- Experience 'The Inner Sweep' – a rapid mindset shift tool
- Build a personalised toolkit for long-term mental clarity and resilience





Logistics and Setup

To make sure your session runs smoothly and delivers the most value for your team, here's everything you need to know about how we work.

Session Format & Delivery

We offer two formats:

- 90-minute presentations – practical and thought-provoking with light interaction
- 2.5-hour workshops – more interactive with deeper engagement and in-session activities
- Also available as full day (6 hours) workshop - to begin integrating your learnings into the workplace. POA

All sessions are delivered in person at your workplace or at a venue of your choice (venue costs not included). Each session is designed to be engaging, inclusive and highly relevant to your people and the real challenges they face.

Equipment & Setup

To make the most of your session, here's what we need to create a focused, engaging environment:

For 90-minute Presentations:

- A screen or projector with HDMI access (for visuals and slides)
- Room set up theatre-style or boardroom-style, depending on space and group size
- Optional: notepads and pens for those who like to take notes

These sessions are more presenter-led with some light interaction — minimal setup, maximum impact.

For 2.5-hour and full day Workshops:

- A screen or projector with HDMI access
- A U-shape or boardroom-style setup to encourage discussion and group work
- A whiteboard or flipchart + markers for brainstorming and shared exercises
- Notepads and pens for individual reflections and takeaway actions

These sessions are more hands-on and interactive, so the space needs to support movement, conversation and collaboration.



Your investment for 90-min presentation

Investment: \$997 + GST per session

Duration: 90 minutes (including light audience interaction + Q&A)

These engaging presentations are designed to get your team or audience thinking differently, about stress, decision-making, communication, and more.

Ideal for workplace wellbeing initiatives, leadership development, or professional learning days.

We bring a unique mix of neuroscience, lived experience and practical tools - no fluff, no generic slides, just real conversations that leave a lasting impact.

If you're a not-for-profit, school, or community organisation, get in touch. We occasionally offer discounted rates or pro bono sessions as part of our give-back commitment.

Prices are current as of October 2025 and are subject to change. All prices are exclusive of GST.

What's included in your investment?

When you book a presentation, you're getting more than just a speaker. Each session includes:

- ✓ **90-minute in-person presentation** on your chosen topic
- ✓ **Time for audience questions** and light interaction
- ✓ **Professionally designed slides** to support key concepts
- ✓ **PDF summary handout** or Playbook for attendees with key takeaways and reflection prompts
- ✓ **All travel and preparation time** (within metro Adelaide — regional travel available by arrangement)
- ✓ **Post-session follow-up** email with a summary and ways to keep the momentum going



Your investment for 2.5 hour Workshop

We're committed to making these workshops valuable as well as accessible for your team. Below is our flexible pricing structure, designed to reward commitment with greater savings.

Select the best fit for your team	Valued at (AUD) Exc. GST per workshop	Total investment (AUD) Exc. GST	Savings (AUD) Exc. GST
Single workshop	\$1,497	\$1,497	(Full price)
Two workshops	\$2,994	\$2,797	Save \$197
Three workshops	\$4,491	\$3,997	Save \$494
Four workshops (full series)	\$5,988	\$4,997	Save \$991

Prices are current as of October 2025 and are subject to change. All prices are exclusive of GST.

Important notes:

1. If you choose to book and pay for workshops one at a time, each will be charged at the full individual price. When you commit to - and pay for - multiple sessions upfront, you unlock significant savings while ensuring a structured approach to your team's growth throughout the year.
2. Prices are based on a maximum of 10 people. Please enquire if you have a larger team.
3. Prices for full day workshops on application.

What's included in your investment?

Each workshop package includes:

- ✓ **Engaging, interactive facilitation** (2.5 hours per workshop)
- ✓ **Onsite presence** – We arrive 15 minutes before and stay 30 minutes after to answer questions and support your team
- ✓ **All travel time and expenses** to your venue within Adelaide metro area (for locations outside this, additional travel costs may apply)
- ✓ **A professionally designed digital workbook** for each participant (ready to print at their own convenience)
- ✓ **Practical, actionable takeaways** tailored to your team's unique challenges and goals
- ✓ **Ongoing email support** for up to 14 days post-workshop to answer any follow-up questions

Private coaching

Personalised Support for Lasting Change

While our workshops provide powerful insights and practical tools for the whole team, sometimes **individual support is the key to deeper transformation**. Private coaching offers team members a confidential space to **work through personal challenges, refine their skills, and accelerate their growth** in a way that's tailored to their unique needs.

Whether it's **enhancing leadership skills, improving communication, overcoming mindset blocks, or gaining clarity on personal and professional goals**, private coaching helps individuals integrate **what they've learned in the workshops into real-life situations**. This one-on-one support ensures they not only gain knowledge but also build the confidence and strategies to apply it effectively.

For teams, having individuals who are more **self-aware, motivated, and aligned with their values** means a more cohesive, productive, and positive workplace culture. Private coaching can be offered as a standalone option or as a follow-up to the workshops for those who want to dive deeper into personal and professional development.

The table below outlines the investment structure available to your organisation for private coaching sessions. If you'd like to explore how private coaching could benefit your team, we are happy to discuss this further with you.

No. of sessions	Investment (AUD) Exc. GST
6	\$2,377
3	\$1,297
1	\$497

Prices are current as of October 2025 and are subject to change. All prices are exclusive of GST.

Private Coaching – How It Works

- ✓ Each session can be used by a single team member or shared among multiple team members within the package.
- ✓ Sessions run for up to 120 minutes and are conducted online via Zoom, allowing for flexibility and accessibility from any location with a stable internet connection. When more than one session in one day, face-to-face sessions may be available onsite.
- ✓ Session dates and times will be arranged directly with the individual. To ensure a comfortable and confidential experience, it is recommended that sessions take place outside the office environment, where participants can openly discuss personal or professional matters in a quiet, safe space.
- ✓ Booking Terms & Conditions apply, including policies for rescheduling and cancellations.

What others say about our individual coaching



"I've had a fear of flying my whole life.

The panic attacks have been so bad at times that I've gotten off the plane! Beck managed to rid me of most of my fear of flying, all within a few hours. I couldn't believe it! I walked through the aisle, and I did not feel the panic at all.

Even during turbulence, I was ok. Sincerely ok.

I am continuing to work with Beck as it was such an impactful experience for me.

She's more valuable than my psychologist!

She just changed my life!

– C

"Before I began coaching, I was anxious, overwhelmed, fearful and negative. I was ready to look for a new job because I thought that was the problem. I now know it wasn't the problem and am still at that same job, loving it! I now feel confident, with a sense of peace, calm and happiness. They were the most important things to me." – A



*"I was feeling really stuck in my life and wasn't sure what direction I was going in my career and personal life. I knew that I needed to move forward but was feeling unmotivated, highly anxious and unhappy, and my self-confidence was at an all-time low. **Thanks to coaching, I now feel confident, calm and comfortable in my own skin. I'm not anxious at all,** thanks to some amazing tools. I feel like I'm a blank canvas, and I have an opportunity to create a really amazing life." – M*



Next steps

Ready to book a session? Or want to chat first?

We'd love to work with you.

Whether you're ready to lock in a date or want to discuss which session will have the most impact for your team or audience, the next step is simple:

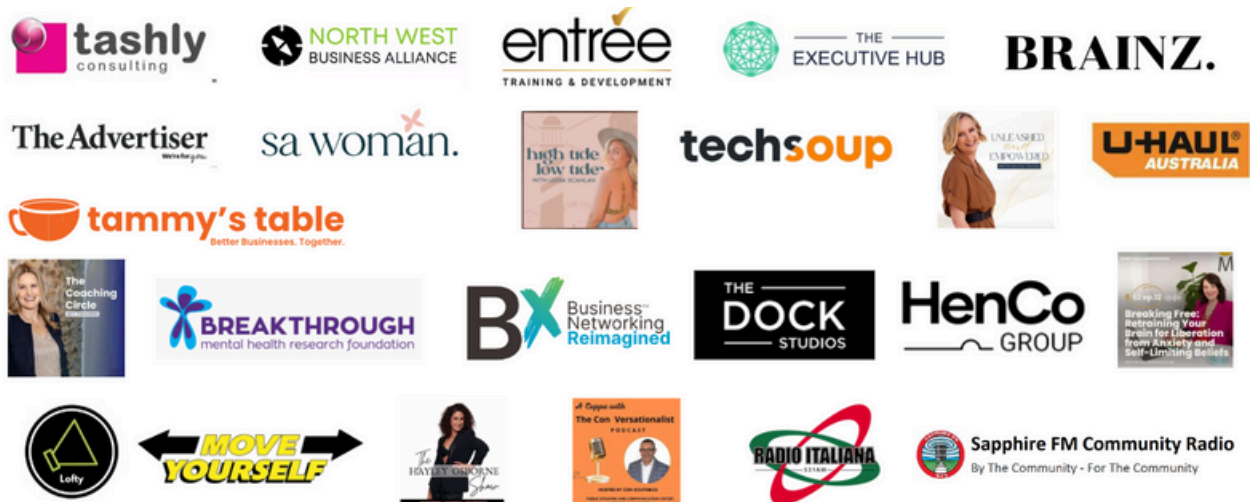
Email rebekah@moonbeammonday.com.au to request a quick call and access to Rebekah's calendar.

You can book a single presentation or plan ahead and schedule multiple sessions throughout the year.

(Discounts apply when booking multiple sessions.)

We're looking forward to supporting your team or audience with insights, tools, and strategies that create real, lasting impact.

We've worked with and inspired:





- Private 1:1 coaching
- Workplace group training + coaching
- The Brain Changers™ Podcast
- Live events + webinars
- Online courses



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