

Rebekah King

The Brain Issue

The Brain Changer™

Stop managing the symptoms. Understand the cause.

Rebekah helps people see what's been shaping their thinking for years, and what changes once that becomes clear.



This less, lead better.

Overthinking isn't the issue.

It's what's been shaping the way decisions are made, often without realising it.

The Power of Perspective.

Why insight and effort aren't creating the change you expect.

A perspective-shifting keynote that helps people understand what's been driving their thinking, and what changes when it finally makes sense.

Perspective meets real life.

Understanding that creates real change.

Grounded insight that cuts through. A recalibration people carry into real decisions and pressure moments.

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The Power of Perspective

Why Insight and Effort Aren't Creating the Change You Expect.

**Most talks give people ideas to take away.
This one changes how they see themselves.**

Rebekah's keynote goes underneath the habits and behaviours people have been trying to manage, and into the beliefs that have been shaping them for years.

As those patterns start to make sense, people stop taking their thinking personally.

They respond instead of react, and that shift shows up later, in decisions, conversations, and pressure moments.

They'll leave with:

- **A clearer understanding** of what's actually been driving their thinking and behaviour.
- **Language for patterns they've felt for years** but never been able to name
- **A different relationship with their own mind** - less reactive, more deliberate
- **Clearer decisions, steadier responses**, and more mental space under pressure

Audiences don't leave with more to do. They leave with a different way of seeing themselves - and from there, change follows.

About Rebekah

Rebekah has engaged audiences ever since her debut as Red Riding Hood in her grade four Christmas play.

Rebekah is known for her natural rapport and grounded delivery, having presented at more than 100 sessions across Australia, both in person and online.

A Master Neuro-Linguistic Programming Practitioner and Hypnotherapist, Rebekah's fascination with the brain began after she survived a stroke at 31 - an experience that reshaped how she understood thinking, identity and change.

Today, known as *The Brain Changer™*, Rebekah brings clarity, honesty and a touch of humour to a complex topic, helping people understand themselves more clearly and move forward with confidence.



What They Say

Rebekah is genuinely one of the best facilitators we've worked with. - Karlie, CFO

Rebekah has a real gift for making complex topics feel approachable and engaging. Her warm and witty style kept the session insightful and fun. My members walked away with actionable takeaways that they can apply straight away. A truly valuable session! - Tammy - Business Owner + Professional Assoc. Host

Rebekah has an incredible ability to draw out the very best in people. Her ability to challenge thinking makes her sessions incredible valuable. - Jarrod, COO

Rebekah is truly gifted. She has an activating presence that is deeply thought provoking. One of the best sessions I've ever been to. - Trish, Business Owner

A Unique Perspective

Rebekah works at the level most approaches never reach:

- How long-held beliefs shape thinking, behaviour and identity.
- Why insight and effort don't always lead to change
- What happens when people stop taking their thoughts personally.

Her work is grounded in:

- **Lived experience**, not theory.
- **Neuroscience-informed insight**, without hype or jargon.
- **Clarity** over motivation.

Book Rebekah

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