

Rebekah King

The Brain Issue

The Brain Changer™

From spiraling thoughts to purposeful action.

Rebekah's journey is shaped by her own experience of learning how to think differently - and helping others do the same, without overwhelm or fluff.

Mind Full or Mindful?

The *real* cost of overthinking, and the shift that changes everything.

Discover the proven framework to stop overthinking and start creating real change.

Think less, lead better.

Overthinking is not a personality trait.
It's a pattern that can be rewired.

Neuroplasticity meets real life.

Practical strategies backed by science.

Powerful stories grounded in truth.
Lasting change, made simple.

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Mind Full or Mindful?

The real cost of overthinking, and the shift that changes performance.

What if overthinking isn't the problem... but the symptom?

In this engaging presentation, Rebekah explores why even the most capable professionals get caught in thought spirals, and what actually helps them shift the pattern.

Your audience will learn how to:

- **Understand why overthinking happens**, and why logic alone doesn't fix it.
- **Interrupt unhelpful thinking loops** using a simple, neuroscience-based process.
- **Regain clarity and emotional regulation** in high-pressure moments.
- **Make confident decisions without second-guessing** or needing perfect conditions.
- **Turn insight into action** using Rebekah's C.L.E.A.R. Framework™ - a practical, repeatable way to shift thinking and behaviour.

About Rebekah

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

Known for her natural rapport and down-to-earth delivery, she has facilitated more than 100 workshops 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. What followed was a personal experiment in rewiring her thinking and reshaping her identity, which ultimately transformed her life and became the foundation of her work.

Today, known as *The Brain Changer*™, Rebekah brings warmth, honesty and a touch of humour to a topic that's often misunderstood, making complex ideas feel simple, relatable and genuinely human.



What They Say

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

Rebekah is a wonderful speaker and was very engaging. She makes it easy to understand concepts that can be hard to grasp. I really enjoyed listening to her and I walked away feeling inspired. - Sona

Rebekah is a passionate, energetic, inspiring presenter. Her knowledge is extensive. - Megan

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

A Unique Perspective

- **Neuroscience meets real-world application** - not just mindset, but brain-based reprogramming.
- **No fluff** – practical, proven tools, with a healthy dose of humour thrown in.
- **Human-centred and grounded** - speaks with empathy, not ego. Makes people feel seen, not sold to.
- **Lived experience meets serious skill** – from stroke survivor to Master Neuro-Linguistics (NLP) Practitioner, Rebekah walks her talk.
- **For high-achievers who want more than motivation** - they want clarity, strategy, and inner calm, even when life gets tough.

Book Rebekah



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