

Rebekah King

The Brain Issue

The Brain Changer™

From spiraling thoughts to purposeful action.

Rebekah's journey from anxiety and burnout to transformation will inspire you to think differently, and live intentionally.

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?

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

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

In this engaging presentation, Rebekah unpacks why even the most capable professionals get caught in thought spirals, and how to shift the pattern for good.

Your audience will learn how to:

- **Understand the real cause of overthinking**, and why logic alone won't fix it.
- **Reframe unhelpful thinking loops** with a simple, neuroscience-based method.
- **Reconnect to calm, clarity and intention**, even in high-stress moments.
- **Make confident decisions without second-guessing** or needing all the ducks ducks in a row.
- **Interrupt the spiral** with her simple 3-step model for lasting, real-world change.
- **Take action (without the overwhelm)** and become the conscious driver of their life

About Rebekah

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

Well-respected for her skill at building rapport with her audience, Rebekah is a seasoned speaker at workshops and events.

A Master Neuro-Linguistics Practitioner and Hypnotherapist, Rebekah developed a fascination with the brain after surviving a stroke at 31, and eliminating chronic depression and anxiety, embarking on a transformative journey to rewire her thinking and change her brain.

Known as 'The Brain Changer™', Rebekah brings warmth, compassion and humour to a usually serious topic, creating a safe space for your audience to be seen and heard.



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.
- **Trauma-aware and deeply human** – 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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