

Rebekah King

The Brain Issue

The Brain Changer™

Stop managing the symptoms. Understand the cause.

The keynote that reveals the thinking behind behaviour

The Power of Perspective.

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

A perspective-shifting keynote that explores why capable, intelligent people behave the way they do, and what changes once that understanding becomes clear.

Where perspective becomes practice.

Understanding what creates real change.

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

Every behaviour tells a story.

Behaviour leaves clues.

Understanding the thinking behind those clues changes the way we lead, communicate and decide.

Rebekah King

From Conditioned to Conscious

Question the beliefs keeping you stuck, and choose what comes next.

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 explores the thinking that has 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 the thinking behind their 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 since her debut as Red Riding Hood in her grade four school play.

Known for her rapport and grounded delivery, she has presented across Australia, both in person and online.

After surviving a stroke at 31, Rebekah became fascinated by one question: Why do capable, intelligent people behave the way they do? That question led her into the study of Neuro-Linguistic Programming and human behaviour, and still shapes every keynote she delivers today.

Rebekah is recognised for revealing what sits beneath behaviour. Her blend of neuroscience, curiosity and humour creates conversations that continue long after people leave the room.



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. - **Jarrold, 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 explores the thinking that shapes behaviour.

She asks questions most people never stop to ask:

- Why do capable, intelligent people behave the way they do?
- Why isn't knowing enough?
- What changes when we stop managing symptoms and understand the cause?

Her work brings together:

- **Human behaviour** and neuroscience.
- **Lived experience** and professional training.
- **Curiosity** that leads to lasting change.

Book Rebekah



+61 (0)422 306 921



www.moonbeammonday.com.au



[@moonbeammondaytrainingcoac4696](https://www.instagram.com/moonbeammondaytrainingcoac4696)



rebekah@moonbeammonday.com.au



[linkedin.com/in/rebekah-king00/](https://www.linkedin.com/in/rebekah-king00/)

