

Rebekah King

The Brain Issue

The Brain Changer™

Stop managing the symptoms. Understand the cause.

The signature presentation that reveals the thinking behind behaviour

Knowing Better Doesn't Change Behaviour

The Power of Perspective

A perspective-shifting presentation 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.

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From Conditioned to Conscious

Question the assumptions 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 signature presentation explores why knowing what to do doesn't always change what we do, and reveals the beliefs and assumptions shaping behaviour beneath awareness.

As those patterns start to make sense, people stop taking their thinking personally. They pause before reacting, question what they're assuming, and make more deliberate choices in decisions, conversations and pressure moments.

They'll leave with:

- **A clearer understanding** of what drives their behaviour.
- **Language for patterns they've felt for years** but never been able to name.
- **Three powerful questions** to interrupt automatic responses.
- **Clearer decisions, steadier responses**, and more mental space under pressure.

Audiences don't leave with more to do. They leave seeing their behaviour differently, and with greater choice over what happens next.

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 the work she presents today.

Rebekah is recognised for revealing what sits beneath behaviour. Her blend of behavioural insight, 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 incredibly 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 what's driving them?

Her work brings together:

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

Book Rebekah



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