



Rebecca Hannan



mindset.motivation.momentum.

Coach | Speaker | Trainer

Coaching to Enhance Corporate Cultures

Rebecca has a lifelong passion for inspiring and guiding people towards their healthiest, most fulfilling lives.

She is a highly accredited Health, Fitness and Wellness expert with 30 years of dedicated industry experience.

Add her decade of sales and entrepreneurial experience in the pacey, pressured world of Real Estate and Tourism and there you have it - a resilient, successful businesswoman who has owned and operated multiple enterprises. A coach for all reasons who knows first hand the challenges you face to manage your self or your team in business and in life.

Rebecca develops bespoke coaching and wellness programs for individuals and entire organisations. She'll partner with you and your staff to deliver an integrated set of programs to strengthen your organisational culture and inspire and empower your team.

Her versatility and depth of experience means you can choose to train your team one on one, or in small groups, in workshops or on retreats.

A passionate advocate for strong communities, Rebecca is renowned for organising inspiring events and activities to raise awareness and funds. In May 2016 her gruelling 24-hour, 135 Kilometre Cape to Cape run raised \$5000 to support programs for at risk young people in 5 southwest schools.

“ Having recently completed a coaching course with Rebecca Hannan, I have engaged her to provide one on one coaching and a communications skills workshop for my team.

I can confirm that my experience with her as a coach was outstanding on many levels. Rebecca is very professional, has a high level of integrity, is sincere in her dedication to each individual client's progress and is always on time.

The structure of the coaching sessions, the focus on positive outcomes and the gentle but firm insistence on progress were just some of the reasons for my assessment of Rebecca.

What I found to be most valuable was Rebecca's warm and welcoming manner, and her enthusiasm and focus on positive outcomes. Rebecca's ability to stay positive and focused was both motivating and inspirational.

My only regret is procrastinating for so long. I would urge others to 'just do it' - the rewards are substantial.

RUTH LEVETT

Manager Waste, Health & Ranger Services
Shire of Augusta Margaret River

Qualifications & Associations

- » Accredited Level 3 Wellness Coach – Wellness Coaches Australia
- » Professional Speakers Association (PSA) Affiliate Member
- » Vice President Margaret River Chamber of Commerce (MRCCI)
- » Committee Member South West Holistic Health Practitioners Network (SWHHPN)
- » Multi Award Winning REIWA Registered Property Sales Consultant
- » Certificate IV Personal Training, Group Fitness, Aqua
- » Certificate IV in Training and Assessment
- » Weight loss Coach – Matt O'Neill SmartShape
- » Rehabilitation Neck, Back, Shoulder, Knee RehabTrainer
- » Floor Mat Pilates Instructor

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