



REBECCA HANNAN

WORKPLACE WELLNESS EXPERT,
AUTHOR AND KEYNOTE SPEAKER

Rebecca is a trusted trailblazer in workplace wellness. With 30 years dedicated industry experience, a long list of impressive qualifications and a personal commitment to helping others achieve optimal health and wellness, it's no wonder Rebecca is an in-demand speaker and trainer.

Organisations are finally taking note that poor staff wellbeing, low morale, absenteeism and workplace stress are all affecting corporate success. Rebecca delivers leading edge programs in workplace wellness that educate, inspire and empower people to live and lead healthier lifestyles. This, in turn creates highly engaged and productive working teams and communities.

A dynamic and sought-after presenter working with organisations in Mining, Tourism, Real Estate and Health Care, Rebecca draws on her knowledge, experience and ongoing professional development to create results orientated strategies, programs and workshops.

Rebecca shares her own inspirational stories from the platform and empowers others to live life to the fullest.

Rebecca was the first woman to run Western Australia's 135 kilometre Cape to Cape track in 24 hours - A story of grit, heartache and personal wellness.

In her down time, you'll find Rebecca outdoors trail running, practicing yoga, preparing healthy food and spending time with her family who she adores.

Runner, mother, businesswoman, wife, entrepreneur, yoga lover, salad queen, risk taker, organiser, dreamer, coast dweller, starter, stayer, finisher, negotiator, listener, chaos buster.....The Momentum Maker.