

Rebecca Hannan

WORKPLACE WELLNESS EXPERT

- Keynote & Conference Speaking
- Workshops, Training Programs & Breakout sessions
- Workplace Wellness Strategy Advice
- High Performance Coach to CEO's, EO's & High Achievers
- [Watch video](#)



mindset . motivation . momentum

Exceptional leaders lead by example and inspire others to do the same

Known as "The Momentum Maker," Rebecca has a lifelong passion for inspiring and guiding people towards their happiest, healthiest, most fulfilled lives both personally and professionally. Rebecca is featured regularly on ABC radio and has secured many features in the media and online platforms. Rebecca's passion and enthusiasm for living and working well are infectious.

Her mission is to educate, inspire and empower you to take back control of your life so you can live a life of purpose, meaning, and fulfillment. Specialising in working with organisations and whole communities helping people to live and work WELL.

Renowned for her dynamic and passionate stage presence, Rebecca shares with you lively and genuine stories that target your heart first and your head second. Her presentations will help you find that wellness warrior within, so you can walk confidently and steadily on the wellness wall.



Clients



SupperRD



As a keynote speaker at our 2018 World Alzheimer's Day function in Perth, Rebecca captivated the 150 strong audience by regaling raw and sometimes humorous stories of her father's journey with dementia. A gifted storyteller, Rebecca has the ability to inspire on all levels.

Moira Mckechnie, Marketing and Engagement Manager Alzheimer's WA



TALKS & PRESENTATIONS (30 - 90 MINUTES)



The ultra marathon of life

After a decade of extremely challenging events Rebecca felt like a failure as a parent and a business owner. She wasn't taking care of herself and knew something had to change. Rebecca picked herself up, dusted herself off and became 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.



Executive Endurance - Have you got what it takes to step up & keep up?

Life can get lonely at the top when you're running a successful business or enterprise.

This keynote presentation gives you the right tools and strategies to implement so you can stay at peak performance while walking steadily and balanced along the wellness wall.



LeadWELL - Get set to play a bigger game

In this fast paced and distracting world leaders need to step up and stand out to inspire others to do the same. LeadWELL empowers you to play a bigger game by giving you a clear plan and developing your own leadership style so you can carve your unique path to success.



ThinkWELL - Mastering your Mindset

Our minds are not always the healthiest environment for us to live in BUT the good news is that it doesn't have to be that way! With knowledge and the right tools and strategies you can Master YOUR Mindset.

In this thought-provoking presentation Rebecca shares with you her winning mindset strategies so you and your team can develop a powerful, creative mindset, build motivation and momentum for sustainable winning results.

[Click here for more topics](#)

BOOK REBECCA FOR YOUR NEXT EVENT, CONFERENCE OR PROFESSIONAL DEVELOPMENT DAY



+61 409 988 593



rebecca@rebeccahannan.com



www.rebecca@rebeccahannan.com

