



Rebecca O'Brien is a Certified Stress Management & Burnout Prevention Coach, Mindfulness Instructor, Nutritionist, and former Sales & Marketing Executive.

She helps IT Executives prevent burnout and create sustainable success.

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WELLNESS BY REBECCA



As mental health issues affect 1 in 4 people worldwide, Rebecca believes bringing awareness and education on how to prevent burnout is the change the world needs.

She went through her own mental and physical burnout in 2014, and was sick for two years. After 15 years of International Sales & Marketing, she knows firsthand the impact of corporate stress and its consequences on our health.

Rebecca made a commitment, in her recovery, to not let another person go through burnout and suffer as she did. Living on autopilot, exhausted from insomnia, struggling with anxiety, and taking your frustrations out on the people who matter most to you, is not part of life goals!

Which is why she is so passionate about helping IT Executives reduce stress, prevent burnout & create sustainable success.

Through her private coaching, corporate programs, and speaking Rebecca helps clients reduce stress, and gain clarity and confidence through developed strategies of unbreakable boundaries, high performing habits, and taking aligned action.

Rebecca is a certified Stress Management Coach, Mindfulness Instructor, Health/Wellness Coach, and Nutritionist. The holistic approach in her programs looks at the big picture, mind, body, and spirit. Which is supported through her 4-step program, Into Empowerment™.

She splits her time between San Francisco and Stockholm and uses techniques from both cultures with her clients.

When Rebecca isn't helping professionals reduce stress and prevent burnout, she walks her talk by spending time in nature, practicing mindfulness/meditation, cooking, and loves traveling the world.

Ask Rebecca about:

- **Overcoming burnout** and transitioning from a professional career to business ownership
- **Build bulletproof confidence and clarity** on your goals and reach them faster with habits that elevate your mind, and body every day
- **Transforming your relationship with stress and anxiety** through self-mastery to understand what your body is communicating to you
- **The four principles to gain peace, joy and freedom** that any busy professional can use to increase their productivity and happiness