



Rebecca O'Brien is the Founder of Wellness by Rebecca.

A Certified Stress Management Coach, Health & Wellness Coach, Mindfulness Instructor, Nutritionist, and former Sales & Marketing Executive.

Today she helps aspiring leaders reduce stress, prevent burnout, and embody 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 recovery took 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 work/life harmony, and taking your frustrations out on the people who matter most to you, are not part of life goals.

This is why she is so passionate about helping aspiring leaders reduce stress, prevent burnout & embody sustainable success.

Through her private coaching, corporate programs, and speaking Rebecca helps clients reduce stress, gain clarity and confidence through developed strategies of unbreakable boundaries, high-performing habits, mindfulness, and self-mastery.

Rebecca is a Certified Stress Management Coach, Mindfulness Instructor, Health & Wellness Coach, and Nutritionist. The holistic approach in her programs looks at the complete picture, mind-body. Which helps you gain peace, and presence to embody sustainable health & success.

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.

Speaking & Corporate Workshop topics:

- **Mental Health- Stress, Anxiety, and Burnout Prevention-** Learn the 4 pillar strategy to help you & your employees deal with difficult situations inside and outside of the workplace.
- **Workplace Wellness and Employee Productivity-** Navigating increased job demands through prioritizing health & wellness and your foundational habits.
- **Transforming Your Relationship With Stress and Anxiety-** Gain self-mastery to understand what your body is communicating to you and break the stress cycle.
- **Mindful Leadership-** Achieve clarity and presence, reduce stress, and develop compassionate communication skills to meet any number of challenges.

The goal is to help your employees be the healthiest, happiest, and very best version of themselves!
Email: info@wellnessbyrebecca.com to discuss your current challenges, and offerings & pricing.