

Rebecca HOWARD



- » Award-winning entrepreneur & mindset intervention expert
- » Psychotherapeutic executive coach
- » Specialist in developing individual and team resilience
- » Leadership Psychotherapist, Master practitioner and trainer of NLP

For more information on Rebecca Howard, go to www.shinymind.co.uk

Introducing multi-award winning entrepreneur and neuro-linguistic psychotherapist, Rebecca Howard, whose new innovative ABLE approach to change and challenges is helping hundreds of leaders and professionals develop a

mindset of resilience and self-awareness to transform how they deal with stress so they can thrive under pressure and perform.

PSYCHOTHERAPEUTIC EXECUTIVE COACH

Rebecca Howard is a sought-after and inspirational Executive Coach who has helped hundreds of individuals to achieve remarkable success in their profession and in their life, simply by harnessing their own energy to be the best they can be. As Psychotherapeutic Executive Coach and a Master Practitioner and trainer in Neuro-Linguistic Programming (NLP), Rebecca is a specialist in changing mindsets and eradicating limiting beliefs that hold back progress, helping both individuals and organisations to achieve more.

Through her coaching company, **Shiny Mind**, Rebecca Howard delivers practical and challenging mindset intervention workshops that help people understand that it is their own personal choice to be resilient through their mindset approach. These empowering sessions have already helped hundreds of individuals and teams in major organisations to create real change in how they deal with stressful situations.



During the **Resilience: Your Mindset; Your Choice** sessions, delegates develop the self-awareness to understand their own responses to stress, and learn techniques to remove the inhibiting thinking blocks which prevent them from making more resourceful choices, so they can perform through times of change.

ENTREPRENEUR

Rebecca Howard is also the founder and Chair of **Cynergy**, an award-winning strategic communications agency whose work is dedicated to helping organisations to make a positive contribution to society by changing people's lives. **Cynergy** deliver creative design, strategic communications and development programmes for clients like the NHS, Welfare to Work and numerous organisations in the education and not-for-profit sectors.

READY TO SPEAK TO THE MEDIA

Rebecca Howard is an experienced and engaging speaker and is available to provide interviews, expert comment or by-lined articles on a number of topics, including:

— *Life is stressful – deal with it! How to rewire the way you respond to stress*

— *10 habits that will make you more resilient*

— *Self awareness – the key to resilience*

— *How to use resilience to overcome tough times*

— *Stress - the modern day Nocebo*

— *How to use resilience to overcome tough times*

— *WE need to transform the way we think about stress*

— *Mind Your Own Business: How to help your staff keep a healthy mind*

— *Resilience is brilliance: Why resilience is the key to a productive and high performing team*