



REBECCA HANNAN

Keynote Speaker | Panelist | Emcee
BPsych

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

ABOUT

Rebecca works with individuals, organisations, and communities to create happier, healthier, more fulfilling ways to live and work. Known as “The Momentum Maker,” specialising in Workplace Mental Health, Rebecca combines evidence-based strategies with real-world insight to inspire lasting change through heartfelt, relatable storytelling.

WHAT THEY SAY

As a keynote speaker at our 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.

Moiria Mckechnie,
Alzheimer’s WA

RUNNING THE ULTRA MARATHON OF LIFE

- Self-care is not selfish, it’s a leadership imperative.
- You can’t lead others well until you lead yourself. Real change starts within.
- The stories we tell ourselves shape our outcomes.
- No one does it alone, your support crew makes all the difference
- Ego isn’t a dirty word - it can drive growth when its grounded in purpose.
- Some of life’s hardest moments bring gifts that are badly wrapped
- You are more enough and more capable than you think

A UNIQUE PERSPECTIVE

Rebecca brings 30 years of leadership to deliver science-backed, relatable keynotes that inspire action. She is human-centred, relatable, and credible. Her work includes:

- Developing evidence-based mental health training
- Coaching leaders across mining, education, and health sectors
- Blending psychology, performance, and grit to drive meaningful change

Rebecca leaves audiences feeling inspired and ready to take their next brave step.

WATCH REBECCA SPEAK



“When people feel seen, safe, and supported at work, they don’t just perform better, they thrive with purpose.”

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REBECCA'S SPEAKING PORTFOLIO

- PSYCHOLOGICAL SAFETY: The Fertile Ground for Workplace Success
- FROM STRESS TO STRENGTH: Working WELL Without Burnout
- MENTAL WEALTH: Investing in Your People, Maximising Your ROI
- LEAD FROM WITHIN: Self-Leadership for Sustainable Growth
- PERMISSION TO P.L.A.Y: Reignite Creativity, Innovation, and Growth
- PRIDE IN IDENTITY: Empowering LGBTQIA+ Voices
- MENOPAUSE AT WORK: Beyond the Silence, Support, Strength & Strategy
- DISRUPTING THE STRESS RESPONSE: Calm, Control & Clarity Under Pressure
- REWIRING FOR MENTAL FITNESS: Focus, Flow, Fortitude
- EMOTIONAL AGILITY AT WORK: Leading Through Change & Challenge

WHY BOOK REBECCA

Rebecca brings a rare blend of credibility, warmth, and real-world impact to every stage.

Here's what sets her apart:

- Delivers evidence-based insights that enhance wellbeing and performance.
- Connects with audiences through a relatable, human-centred approach.
- Trusted by leaders across mining, suicide prevention, education, and healthcare.
- Moves people beyond awareness to meaningful, lasting action.
- Tailors every keynote to leave audiences empowered and ready to lead change.

CONNECT



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