



REBECCA PINE

RESILIENCE AND EMPOWERMENT GUIDE

AS SEEN ON



Thriving Through Strength, Stability, and Self Acceptance

To book Rebecca: 1 (973) 489-3441

info@rebeccapine.com

www.rebeccapine.com

"You could hear a pin drop throughout her presentation. You couldn't take your eyes off of Rebecca while she was speaking. She is an artistic speaker with great fluency. Her honesty and directness, the beauty of her words, made the audience feel both pain and empowerment, success, and recovery."

SUE IOVINO, HUNTINGTON, NY



REBECCA PINE supports individuals in the process of healing the emotional scars of trauma and loss. She shares practical, easy-to-apply tools that can lead to profound inner healing. Rebecca's "FREE-ACT" system offers a transformative approach to everyday hurdles, drawing upon the pillars of Feel, Regroup, Evaluate, and Empower before Action.

Rebecca is a writer, workshop facilitator, and international speaker, who has presented across the US and India. She is also the co-founder of The Breast and the Sea, a written and photographic project empowering breast cancer survivors. Raised by a disabled and chronically ill mother, Rebecca experienced illness early on from the perspective of the caregiver. Diagnosed with breast cancer herself in 2009, Rebecca developed an intimate understanding about the losses related to cancer and beyond.

By cultivating creative expression and personal ritual, Rebecca offers a powerful experience of change and growth for her audiences. Her keynote attendees, clients, and workshop participants learn practical techniques they can immediately begin to implement in their daily lives.

REBECCA'S KEYNOTE

SHADES OF GRIEF, SHADES OF JOY

Grief from trauma and loss can feel like a bottomless pit of despair and loneliness. It is easy to feel stuck in these low feelings. Rebecca shares effective tools that participants can begin using right away to transform their emotional scars into empowerment, strength, and self-acceptance.

Attendees will learn how to:

- Move from overwhelm and hopelessness to a place of deep inner healing
- Apply Rebecca's "FREE-ACT" System, approaching difficulties as growth opportunities to access increased joy
- Give themselves permission to work with - *rather than against* - the grieving process so they can truly move forward
- Use creative expression to tap into the healing potential of the subconscious

PARTIAL CLIENT LIST

The Breast and the Sea, Workshops
Westmed Medical Group, Workshop Series
Memorial Cancer Institute,
Breaking the Silence Symposium
Wego Health, Innovation Day
Stand up for Suzanne, Annual Luncheon
The Yoga Institute in Ambedkar Hall
(Mumbai, India)
Soho Photo, Artist Talk and Workshop



Book Rebecca Today to Give Your Audience The Tools They Need to Thrive Through Strength, Stability, and Self Acceptance!



"Only in the face of adversity
can we truly know courage."

- REBECCA PINE

"I thought I understood what a mastectomy does to a woman as I watched my wife recover physically.
Hearing Rebecca talk about these powerful, emotional moments
helped me understand how deep these emotions run.
They can heal but never go away.
Rebecca gave me an understanding I would have never had,
which I will use to continue to help my wife along her journey of healing.
and hope that inspires healthy and meaningful change."

ROBERT CALIENDO, HUNTINGTON, NY



AVAILABLE WORKSHOPS :

Creative Expression for Healing Trauma
Courage in the Face of Fear
Healing with Journaling
Nature and the Quiet Mind
Body Image and Self Acceptance

"Rebecca inspires others to overcome their own perceived limits.
Her audience sits taller and is given permission to heal inwardly,
moving past their comfort zones into self acceptance and empowered authenticity.
Rebecca exemplifies kindness and empowerment, yet has a humble presence.
When she speaks, audiences are re-awakened to a broader perspective of appreciation
and hope that inspires healthy and meaningful change."

KENDRA ASFOR, TOWACO, NJ

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