



# REBECCA DANIEL, ACC

## Professional Coach

Rebecca is an accredited ICF ACC transformation coach with 5 years experience in the coaching industry. She is an accredited Neuro-Linguistic Programming and DISC Personality and Behaviour Profiling practitioner, as well as a Mental Health First Aider.

Rebecca likes to coach with openness and curiosity. She is non-judgmental and uses powerful and transformation coaching questions to evoke awareness. She is a straightforward, intuitive coach who is completely invested in her clients growth and wellbeing. Rebecca likes to use a combination of coaching skills, tools and modalities to evoke awareness and facilitate change.

## QUALIFICATIONS

- Accredited ICF ACC Transformation coach
- Accredited Neuro-Linguistic Programming and DISC Personality and Behaviour Profiling practitioner
- Mental Health First Aider

*"Rebecca is an incredibly kind, intelligent and intuitive person, which makes her impossible not to like. With her beaming smile she always gave 100% attention to our sessions"*

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## COACHING AREAS OF EXPERTISE

**Mindset and Wellbeing** – Dedicated to taking clients on a journey of exploration, discovery and realisation.

**Personal and Professional Growth/Transformation** – As a qualified NLP and DISC Personality and Behaviour practitioner, she draws upon these skills, along with other coaching modalities such as Neuroscience and Positive Psychology.

**Relationships and Communication** – Supporting clients to make decisions about how they operate in their personal life, which also has a positive influence on work/life balance, and provides respite and positivity in a potentially stressful working environment.