



EMOTIONAL HEALING COACH

REBECCA SILENCE

WWW.REBECCAHSILENCE.COM



Rebeccah Silence is a 20+ year expert in human behavior, growth, and development. She's a worldclass and award-winning Emotional Healing Coach and media personality who has helped hundreds of thousands through her radio programs and appearances.

After surviving cancer while pregnant, Rebeccah created the HEALING IS POSSIBLE movement to empower others to get the most out of their lives. It's Rebeccah's mission to help as many people as possible heal from trauma so they can breakthrough to a healthy and happy life.

YOU DON'T HAVE TO TOLERATE SUFFERING AND THE PAIN OF PAST TRAUMA, YOU CAN HEAL IT.
- REBECCA SILENCE



Company Overview

After 14 years of helping hundreds of thousands of people overcome emotional trauma and their deepest heartbreaks, in 2020, Rebeccah Silence—one of the world’s leading life coaches and the CEO & founder of Inspired Results, LLC, a coaching and seminar company, launched her “Healing is Possible” movement and programs.

Rebeccah’s programs include the launch of her “Healing is Possible” 5-Day Challenge and “Healing is Possible” 5-Week Course, which teach people five steps to heal through heartbreak, trauma and emotional pain so that each participant can take his or her life back in order to live as the person that he or she is destined to be.

After devoting her life to personal growth and participating in over 100 seminars herself, in 2011, she got on the radio, opened her private practice and seminar company and began serving her community.

Her mission became serving and helping more people around the world heal using what she had learned from her own experience as a music therapist, counselor, coach and avid personal development student.

For years, she coached the people, school districts, and businesses in her community on the radio and in her office and sold out over a dozen seminars for women. Then in late 2014, she was shocked to find herself pregnant and diagnosed with cancer.

In 2015, Rebeccah made the decision to quit chemotherapy, which she believes saved her life, and she went back to work. Her, “live like I am going to live, or die trying” approach to life and message was born. With the support of traditional medical and holistic support, she and her baby did live, making cancer her ultimate personal growth seminar. It was at this time that she developed her “five steps to healing” to fight and live beyond survival.

Rebeccah saw cancer as an opportunity to meet and really get to know herself while she focused on what she did have control over: healing through her emotional pain and suffering that cancer had allowed her to access.

Rebeccah now teaches that we can face, move through and conquer our emotional trauma to heal pain patterns, suffering, and where we are stuck to build momentum and healing. Her unique breakthrough coaching style supports clients in releasing stuck emotion so that they can take control of their lives, symptoms, and circumstances to live beyond survival—and live inspired.



Company Overview cont

Rebecca believes that we heal faster when we are connected and supported in community, so In July of 2020, she launched the free “Healing Is Possible” Facebook group where she brings in healers and does complimentary “Hot Seat Breakthrough” coaching sessions for the community to experience healing together, every week.

Rebecca serves today as a speaker, coach, facilitator, radio personality, also offering online courses to support people that want to heal at a variety of price points. She is using her platforms to share a proven roadmap to healing to help people take their lives back as they choose who they want to be, where they want their lives to go, understanding why the way that they want to live is important to them. Rebecca believes that Healing IS Possible and that all generational pain patterns can heal. It is every person's right to live a life that they look forward to.



Rebecca's 5 Step Healing is Possible Process

Courage - Have the Courage to free yourself from survival mode. Connect to Courage so that you can free yourself from survival mode. Learn how to have the Courage to create the life you deserve. Courage heals.

Wellness - All is Wellness. Nothing needs to be different than it was or is now when you choose to live into Wellness. What if, you are the best healer for you? Trust yourself. Wellness heals.

Inspiration - You choose who you are going to be and how you are going to live moving forward. Inspiration is what it takes to live fulfilled. Choose who you are going to be and how you are going to live moving forward. Follow what inspires you and connects you to the part of you that feels like home. Inspiration heals.

Faith - Faith is knowing that it's only going to get better and it's all been worth it. Faith is knowing that relief is coming. Allow the death of what was. What if, life is only going to get better and it's all been worth it? Faith heals.

Power - Power is to see miracles and choose possible over positivity. Power sources from choosing possibility over pain or positivity. You have the Power to experience miracles in any and all moments. Find the miracle - it's there. It's you. Power heals.



Executive Biography



"My life purpose is to spare you from letting hopelessness win and to teach you how, in even the most impossible moments and circumstances, to access possibility."
Rebecca Silence

Rebecca Silence is the Founder & CEO of Inspired Results, LLC., a Denver based Coaching and Seminar Company. She is also a speaker, coach and international media personality, who survived cancer while pregnant, and has impacted hundreds of thousands of listeners through her radio programs and appearances since 2007.

As an award-winning and renowned Emotional Healing Coach, Rebecca shares 15+ years of extensive experience in her new Healing is Possible online programs, where she empowers healers and leaders to do deep emotional breakthrough work so they can make even more of an inspired impact on humanity.

She is a lightworker, and some call her a "miracle worker." She is a cancer, domestic violence and childhood abuse survivor who has devoted her life to emotionally healing so that she can use her past to serve.

Rebecca needed a way to make sense of what she has lived through and now has become one of the very best breakthrough coaches in the world. She can coach people through the impossible and unimaginable pain they carry, into confidence and leadership. She has learned how to be free of secrets, lies, and past and believes that anyone who wants it can have that too. Rebecca teaches and inspires people to live beyond survival mode. Her goal is for people to feel comfortable in their own skin, living fully expressed and truly Inspired.



Originally from a small town in Upstate New York, she started her career as a music therapy intern at Fort Logan Psychiatric Hospital in Denver, CO. It was then that she decided to become an expert in healing and human behavior wanting to teach healthy emotional expression to those heartbroken and in deep emotional pain. From there she worked as an Activity Director in an adult psychiatric and substance abuse treatment center and nursing homes.

In 2004 she began her Master's Degree in Counseling and worked as a school counselor for one year in an inner city gang high school in Denver, followed by 2 years as the school counseling department chair in Littleton, CO and eventually as a school counseling coordinator for a charter school district in Las Vegas, NV.

Next, she began further training and got her certification as an Integrative Holistic Coach and Facilitator through Legacy Training International. Rebeccah began her private coaching practice in 2008 and in 2010 she moved back to Upstate New York, married her husband, opened her private practice and had her first radio show in 2011.

In 2012 she began her seminars for women in hopes that her incredible clients could meet each other, support each other, and grow together. The Inspired Results Community was born.

Abuse and trauma patterns get passed on and inherited unconsciously generation after generation. Rebeccah helps people wake up to the learned patterns that they are living so that they can take control over their healing and create a new experience of how life can be for themselves and for their families. We can stop going through the motions of life and truly live into being, creating, and experiencing all that our lives have to offer us. The world deserves to experience us as HEALED and Inspired versions of ourselves.

A little known fact is that Rebeccah has participated in over 100 personal development seminars and continues to work with her own coaches and mentors every year. She uses her intuitive gifts, education, growth experience and healing is possible curriculums to coach her clients into life changing breakthrough work. After having established a reputation as an Inspired Results Coach that beat cancer while pregnant, Making the Impossible, Possible, she lives by personal integrity and a commitment to healing and family.

Over the years, Rebeccah has worked with hundreds of clients who have transformed their lives and she has impacted hundreds of thousands with her radio shows. She has experience with TV, newspaper, radio and is building her Youtube audience, using her platforms to help as many people emotionally heal as possible. Currently, she resides outside of Denver, Colorado, with her husband, two daughters, and their two dogs.



Mini Biography

Rebeccah Silence is a speaker, coach and international media personality. She's impacted hundreds of thousands of listeners through her radio programs and appearances.

It wasn't until she was diagnosed with cancer while pregnant that she walked the very roadmap she would soon create for others. It was out of this experience that she created the HEALING IS POSSIBLE movement that helps others heal from their own traumas.

As a certified world-class Emotional Healing Coach, Rebeccah is uniquely qualified to help others achieve their breakthroughs to wellness and transformation. She does this while inspiring hope and showing what's possible – even in the most challenging of times. She is best known for healing heartbreak, and her clients frequently tell her that she brought them "back to life"!

Social Media Links:

Twitter: @rebeccahsilence

Instagram: @inspiredresultscoach

FB: Healing is Possible

Youtube: https://www.youtube.com/channel/UCVkgK5D0BapdRpLyO4I1J4Q?view_as=subscriber

LinkedIN: <https://www.linkedin.com/in/rebeccah-silence-doherty-1b41b264/>



Programs

HIP FB Community

The HIP Community is a FREE FB group where Rebecca hosts weekly LIVE Breakthrough Coaching and features spotlight guest healers.

<https://www.facebook.com/groups/Healingispossible>

HIP 5 Day Challenge

Begin to take on your healing. In 5 days meet the part of you that has the capability and capacity to heal. Experience a proven roadmap to support emotional healing as you begin to explore your deepest work unapologetically, at your pace, in the comfort of your own home.

<https://www.rebecca silence.com/5-day-challenge>

HIP 5 Week Course

Learn what it takes to Heal! You can FREE YOURSELF from Deep Rooted Emotional Pain and STEP into the version of yourself that YOU Choose to be. Find Your Voice & Turn On Your Light. When you finally give up suffering, magic starts to happen.

<https://www.rebecca silence.com/healing-is-possible-course>

Private Coaching

Rebecca works privately one-on-one with individuals couples and families offering clarity sessions and intensive breakthrough coaching. She guides her clients in Emotional release breakthrough work, into healing, possibility and Inspired Results.

<https://www.rebecca silence.com/intensives>

Women's Retreats

Women need to feel loved, safe, supported and held. When women work together nothing is impossible and creation becomes possible. In Inspired Results Women's Retreats, women come together for 3 days learning Inspired Leadership, Intimacy, Support, and how to step into Full Self Expression and Empowerment.

<https://www.rebecca silence.com/retreats>

HIP Retreats

Coming soon in 2021

Speaking

Your audience will not forget hearing Rebecca share inspired possibility and real life transformation. She will connect your audience back to themselves and each other while she inspires them to heal and move forward.

<https://www.rebecca silence.com/speaking>



Available Art

Headshot



Caption: Rebeccah Silence, Founder and CEO of Inspired Results, LLC and Healing is Possible

Photo credit: Anthony Camera

For more downloadable art, please visit:

<https://anthonymcameraphotography.pixieset.com/rebeccafinals/>



WHAT MADE ME POPULAR

RADIANCE



THE RADIANCE SEMINAR FOR WOMEN

I had a dream of a community of women loving, leading, and being fully authentic, together. There is nothing more amazing than a fully expressed woman.



CONFESSION TUESDAY

This radio show has impacted hundreds of thousands of listeners and brought a community in Upstate NY together.

In 2020, Healing support and resources are desperately needed:

- 34% higher divorce rate than in 2019 (March - June).
- 4.6% increase in aggravated assaults (Jan - June)
- 14% increase in aggravated assaults summer 2020 over summer 2019
- 800,000 suicides each year
- Suicide 2nd leading cause of death for 15-29 year olds.

CONNECT

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www.rebeccasilence.com

Press Coverage

PRWeb Press Release

Thrive Global

Get beyond survival mode and reinvent yourself this holiday season

You cannot be in pain and inspired at the same time

Please let yourself cry.

Become the source of your own encouragement

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Confession Tuesday:

Husband Doesn't Love Me

Forgiving After Being Betrayed

Mental Wellness Wednesday Anthology

Motivation.com

WUTR - ABC

Women's-march-in-d-c

Elephant Journal

The Girl Who Changed My View on Fear

Feature Stories

Accent Magazine (Page 8)

Life Coach Answers Your Questions During Confession Tuesday LIVE

Radio-host-life-coach-listens-offers-advice



For Immediate Release

**Contact: Rebecca Silence at rebecca@rebeccahsilence.com or
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**LIFE COACH REBECCA SILENCE, CREATOR OF
THE “HEALING IS POSSIBLE” MOVEMENT,
TO HOST NEW SHOW,
“TOUGHER TOGETHER: BREAKTHROUGH” PODCAST**

**— Life’s Tough Media Taps Leading Emotional Healing Expert to
Share How to Breakthrough Life’s Biggest Challenges —**

DENVER, CO (May 20, 2021) -- Internationally-recognized media personality and world-class coach **Rebecca Silence**—CEO and founder of **Inspired Results, LLC**—is proud to announce the launch of the next level of her **Healing is Possible Transformational Programs**, as she teams up with **Life’s Tough Media** to host the new show, the **“Tougher Together: Breakthrough Podcast.”** As an Emotional Healing Coach, Silence is revolutionizing the personal growth industry by teaching people how to emotionally heal from suffering, stuck patterns, and heartbreak. Her work with Life’s Tough educates and inspires people to connect with the “tougher” part of themselves to heal and reinvent themselves during a global pandemic. The new show launches May 27, 2021.

Mike Dotsikas, president of Life’s Tough says, “We brought Rebecca on because of her likability, light-hearted approach, and ability to make the complicated simple. She’s a master at outlining steps and ways to help people heal fast, and we see her as a one-of-a-kind influencer. She lifts the vibration of anyone who hears or works with her. She’s friendly, clear, highly relatable, professional, and genuine.”

Silence says, “It’s an honor to be continuing to expand my reach and impact. I initially created my ‘5 Steps to Healing’ because I needed a way to save my own life when I found myself pregnant with a Stage 3 Cancer Diagnosis at 34 years old.”

She adds, “My programs and the new show are designed to support people in healing through the emotional pain that they have been told or believe that they can only manage instead of fully heal. When people connect to their own inner healer, believing that Healing IS Possible, they can unravel their fear and access the light in themselves that shows them the way.”



As a host, Rebeccah, in partnership with Life's Tough, provides a roadmap for people to come alive and live healthy lives, their way. The new podcast empowers, educates and inspires—in moments of breakdown, crisis, and upset—a commitment to breakthrough. Silence addresses mastery around moving from stuck to new possibilities without circumstances needing to change. In each episode, hear stories of real people experiencing and creating breakthroughs—amidst even the most challenging times.

Rebeccah adds, "As the new show's host, I am continuing my private practice, coaching clients one-on-one and offering individual, couple's and family coaching breakthrough intensives. It's a dream come true to coach people through their deepest heartbreak, trauma, and crisis into an experience of living healed so that they can share their gifts with the world. And to now be offering this podcast with the backing of a world-class company, we are prepared to reach the world with our message: Breakthrough IS Possible!"

Breakthrough starts here. We are Tougher Together.

Tune-in: Apple Spotify Amazon/Audible IHeart Radio

About Rebeccah Silence and Inspired Results:

Rebeccah Silence is the host of the "Tougher Together: Breakthrough" podcast and CEO and founder of Inspired Results, LLC, a Denver-based emotional healing coaching company. As a speaker, coach and international media personality, she has impacted hundreds of thousands of listeners through her radio programs and appearances since 2007. Her breakthrough coaching has been heeded by entrepreneurs, philanthropists, healers, and leaders around the world. Silence's messages are universal and her content is engaging for everyone. You can experience Rebeccah's work and the Healing is Possible brand with her free online breakthrough "**Hot Seat Coaching**" series, in her "**Healing is Possible**" Facebook Group where she hosts guests every Tuesday at 10 AM MTN. To register for a Healing is Possible Course or to hire Rebeccah to speak at your event, please visit: rebeccahsilence.com.

About Life's Tough Media:

Founded in 2019, Life's Tough Media is a media production company that is on the rise with a mission of connecting people back to themselves and to each other through innovative podcasts, films, documentaries, and books. The brand is focused on building community, empowering audiences, and teaching people how to be 'tougher' than their circumstances and how to reinvent themselves. Founder, Dustin Plantholt declares, "We are sparking a movement and we're changing the world, one heart at a time, freeing others from shame, guilt and anger. It's life ... life is tough ... but YOU can be TOUGHER!" For more information on their Podcast Services Division offerings, please visit lifestough.com or email to info@lifestough.com.

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