



EMOTIONAL HEALING COACH

REBECCA SILENCE



PRESS KIT

Rebecca 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, Rebecca created the HEALING IS POSSIBLE movement to empower others to get the most out of their lives. It's Rebecca'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."

WWW.REBECCAHSILENCE.COM



About Inspired Results, LLC

Founded in 2011 by the world's leading trauma recovery expert, Rebeccah Silence, Inspired Results, LLC is an emotional healing and coaching provider offering a variety of programs, seminars, and proven roadmaps to healing.

The Inspired Results' mission is to help as many people as possible recover from past emotional hurts using what its Founder learned from her own personal experiences, and in her private practice as a counselor, music therapist, and coach. Rebeccah has coached individuals, couples, school districts, and local businesses, and through Inspired Results, she's sold out dozens of seminars for women.

Rebeccah spent two decades helping hundreds of thousands of people overcome emotional trauma and their deepest heartbreaks, and in 2014 she was faced with the ultimate test. She found 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. It was then and there that Rebeccah's "live like I am going to live or die trying" approach to life 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 compiled a list of five steps for healing and truly living, instead of merely surviving. Thus, the "Healing is Possible" movement was born along with the "Healing is Possible" 5-Day Challenge and the "Healing is Possible" 5-Week Course soon after.

Rebeccah saw cancer as an opportunity to really get to know herself and focus on the few things that were within her control, such as healing through her emotional pain and suffering that cancer had allowed her to access.

Today, Rebeccah teaches that we can face and conquer our emotional trauma to heal pain patterns, and suffering, and build momentum to heal when we're feeling stuck. Rebeccah's unique breakthrough coaching style leveraged across all Inspired Results programs, supports clients in releasing stuck emotions so that they can take control of their lives, symptoms, and circumstances to **live beyond survival—and live inspired.**



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 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.



Truncated Biography

Rebecca Silence is the world's leading coach for emotional healing and relationships and a groundbreaking voice in the space of self-development.

As a survivor of a childhood full of trauma and abuse, and Stage 3 cancer while she was pregnant, Rebecca uses her personal experience to help countless individuals, couples, and families to heal and process even the most intense of experiences. Rebecca teaches us how to become our own healers, how to love and trust ourselves, and how to become the best version of ourselves.

Rebecca is a published author and an accomplished TV/Radio personality with over a decade of experience speaking to millions, helping them through their healing journey. She is the author of *Coming Back to Life*, host of the *Healing IS Possible Experience* and the *Tougher Together Breakthrough Podcast*, and the creator of *The Emotional Survival Kit* course.

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Photography



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

Photo credit: Anthony Camera

For more downloadable art, please visit:

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



SOCIAL MEDIA

Rebecca Silence, Inspired Results, and Healing IS Possible, have over 14,000 followers across all social media channels, with over 40,000 video views

Instagram:

@rebecca silence



Facebook:

*facebook.com/InspiredResultsLLC
facebook.com/groups/Healingispossible*



Youtube:

*Rebecca Silence - HEALING IS POSSIBLE!
lifestough.com/podcast/tougher-together-breakthrough-podcast/*



LinkedIn:

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CONTACT

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STATISTICS

Why Emotional Support services are needed now more than ever

Nearly **20%** of adults are experiencing mental health issues (2022)

Over **50%** of adults with mental health issues do not receive treatment (2022)

Divorce rates increased by **+34%** (2020)

14% increase in aggravated assaults (2020)

800,000 suicides each year

Suicide is the 2nd leading cause of death for 15-29 year olds.



Inspired Results Programs



Emotional Survival Kit

The self-paced, on-demand course teaches participants the practice of emotional healing and provides participants with easy-to-access tools to reframe their past experiences regardless of current circumstances so that they can begin a journey towards hope and healing.

Healing is Possible 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.

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, that's when the magic happens.



Retreats

Come together for 3 days of learning, inspired leadership, intimacy, and support, and learn how to step into Full Self Expression and Empowerment. These retreats consist of a community of women loving, leading, and being fully authentic, together.

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.

Public Speaking

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



Healing is Possible Facebook Community

The HIP Community is a FREE FB group where Rebecca hosts weekly LIVE Breakthrough Coaching and features spotlight guest healers. Rebecca believes that we heal faster when we are connected and supported as part of a community, so in 2020, she launched this group so everyone can experience healing together every week.

IN THE MEDIA

THRIVE GLOBAL



Authority Magazine



MOTIVATION



KISS
97.9 & 105.5



The Kathie J Show

Resilience and Confidence

Toxic Relationships

Limiting Beliefs

Authority Magazine

I Survived Cancer and Here Is How I Did It

5 Things Anyone Can Do to Optimize Their Mental Wellness

AskMen

How to Recognize Unhealthy Relationship Patterns

Thrive Global

You cannot be in pain and inspired at the same time

Please let yourself cry.

Become the source of your own encouragement

Motivation

Preserve Your Relationship

The Truth About Heartbreak

Elephant Journal

The Girl Who Changed My View on Fear

TUNE IN



Rebecca's Confession Tuesday live radio show attracted thousands of new loyal listeners, bumping 97.9 KISS FM from #2 to the #1 most listened to radio program in Upstate NY on Tuesdays. It became so popular that Rebecca continued to host the program for 6+ years, all while bringing the community of Upstate NY together.



Subscribe and listen on your favorite platform!



Apple Podcasts



Spotify Podcasts



Google Podcasts



Amazon Music



TuneIn Podcasts

In 2021 Rebecca started the ***Tougher Together Breakthrough Podcast***, along with Life's Tough Media. 'Tougher Together' 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. Through stories and interviews with real people, Rebecca addresses mastery around moving from stuck to new possibilities without circumstances needing to change even during the most challenging times.

PRESS RELEASES

FOR IMMEDIATE RELEASE:



Survivor's Compelling True Story Provides a Roadmap Toward Trauma Recovery

Boulder, CO, September 13, 2022 — Millions of Americans are self-medicating, suffering from mental health diagnoses, and are not getting the support that they need to function, heal and lead healthy lives, says author and certified emotional healing and relationship coach Rebeccah Silence.

Silence understands the struggles of emotional pain well. A survivor of cancer while pregnant, childhood sexual abuse and domestic abuse, she has known enormous suffering, but she learned to defeat her emotional pain to live free and happy.

Silence has taught clients worldwide on topics such as how to understand that past pain impacts the present, how to liberate yourself from those wounds, and how to connect to your own inner healer to create a life where you not only survive, but also thrive.

Now in her new book, *Coming Back to Life: A Roadmap to Healing from Pain to Create the Life You Want*, Silence helps readers create an opening to possibility. She provides tools, strategies and support that will allow readers to get to the root of their pain patterns while also receiving hope, encouragement and access to the light at the end of the dark tunnel they may find themselves in.

"What the world desperately needs now more than ever before is a way to navigate trauma and difficult emotions," said Silence. "How you feel is 100 percent based on how healed your past is. There really is life on the other side of whatever darkness people are facing, and this book offers hope, healing, and a roadmap that is guaranteed to empower and encourage readers to take their lives back from an emotionally clear, neutral and grounded space. You'll never have to feel powerless again, and that is a promise," Silence added.

Readers will learn how to:

- Emotionally heal and process through anxiety, depression and past trauma, and re-commit to living a fulfilling life.
- Break free from generational pain patterns to become the most authentic and happy versions of themselves.
- Be the source of their own encouragement, take control over their lives and never feel powerless again.

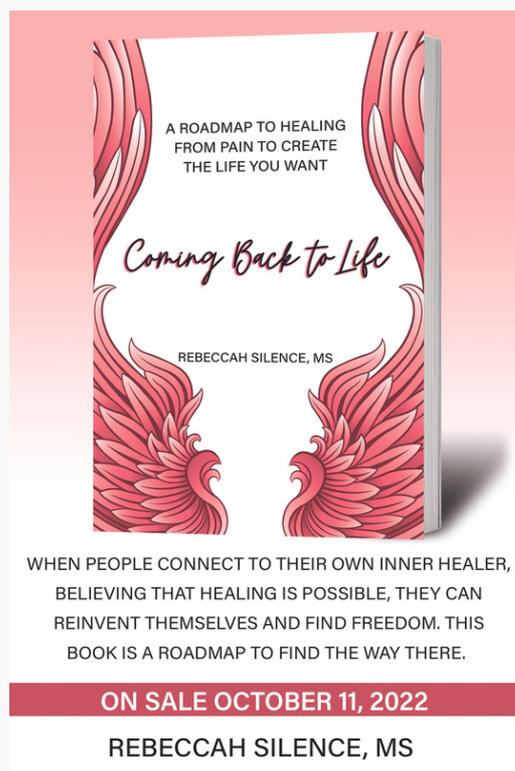
"Coming Back to Life is the book that the world needs in this moment. It will illuminate what has been invisibly holding you back and give you a clear path to feeling good and getting what you want," said Stephen Lovegrove, America's Life Coach.

About the Author

Rebecca Silence is a global advocate and leading coach in emotional healing and relationships. As a survivor of childhood trauma and abuse, and being diagnosed with Stage 3 cancer while she was pregnant, she has helped countless individuals, couples and families process even the most intense traumatic experiences — and heal!

An accomplished TV and radio personality with over two decades of experience speaking to millions about doing the inner work, Silence is a groundbreaking voice in the space of healing and self-development. Her life's mission is about supporting people in moving through their healing so they can allow themselves to truly thrive.

Silence is the author of *Coming Back to Life*, host of the *Healing IS Possible Experience* and the *Tougher Together Breakthrough* podcast, and the creator of the on-demand *The Emotional Survival Kit* course. Through her coaching, seminars, books and online courses, Silence teaches audiences how to become their own healers, how to love and trust themselves, and how to be their best for others and the world. She currently lives in Boulder, Colorado, with her husband, two daughters and two dogs. Visit her website: rebeccahsilence.com.



COMING BACK TO LIFE: A ROADMAP TO HEALING FROM PAIN TO CREATE THE LIFE YOU WANT

PUBLISHER: HCI BOOKS

RELEASE DATE: OCTOBER 11, 2022

ISBN-10: 0757324460

ISBN-13: 9780757324468

TRADE PAPERBACK, 256 PAGES

AVAILABLE FOR PRE-ORDER ON AMAZON.COM

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FOR IMMEDIATE RELEASE:



THE EMOTIONAL SURVIVAL KIT: A NEW AND INNOVATIVE SOLUTION TO STRESS AND SUFFERING, ADDRESSES TODAY'S MENTAL HEALTH CRISIS

7-Step program teaches participants to move through anxiety, depression, or negative emotions for a greater sense of well-being and satisfaction

DENVER (May 23, 2022) — Rebecca Silence, MT-BC, MS, announces the public availability of The Emotional Survival Kit. The self-paced, on-demand course teaches participants the practice of emotional healing and provides participants with easy-to-access tools to reframe their past experiences regardless of current circumstances so that they can begin a journey towards hope and healing.

May is recognized as Mental Health Awareness Month. According to The State of Mental Health in America (2022), nearly 20% of adults are experiencing mental health issues and over 50% of adults do not receive treatment.

The Emotional Survival Kit overcomes the problems confronting those seeking mental health support, personal growth or self-improvement. The Kit offers an on-demand streaming alternative for those who do not have access to traditional therapeutic counseling or are seeking a way to enhance traditional therapies.

"The Emotional Survival Kit is a 7-part course that helps participants overcome darkness, uncertainty and turbulence – disguised as depression, anxiety or disconnection. My clients have experienced life-altering results and frequently tell me that our work has brought them back to life. The Kit is now available to everyone 24/7/365," notes Emotional Healing and Relationship Coach Rebecca Silence. Silence has a master's degree in Counseling and as someone who exited a domestic violence marriage with a 2-year-old and survived cancer while pregnant, Rebecca Silence provides this coursework to benefit others who have experienced their own trauma and pain.

The culmination of over 20 years of working with individuals, families and couples, the Emotional Survival Kit is an easily consumable seven-part series where participants can comfortably listen on their computer or mobile device. Each segment includes the following parts to healing:

1. Commitment: Decide to fully live.
2. Living: Let's discover what you are living for that's bigger than you.
3. Impact: Become your own healer.
4. Feel - Neutralize any emotional pain you've experienced or are experiencing.
5. Trust - It's time to love and trust yourself.
6. Confidence - Instead of reacting to your triggers get free.
7. Time - You have enough time to start living now.

“Healing begins with a commitment to a new approach to living one’s life,” notes Rebeccah. “The Emotional Survival Kit’s practical, yet heartfelt approach, provides a process that is applicable to anybody no matter their circumstances and is easily consumable in today’s fast-paced world.”

To learn more about The Emotional Survival Kit, please visit rebeccahsilence.com

About Rebeccah Silence – Healing is Possible

Rebeccah Silence is the world's leading coach for emotional healing and relationships. As a survivor of a childhood full of trauma and abuse, and Stage 3 cancer that was diagnosed while she was pregnant, she has powerfully supported countless individuals, couples, and families to heal and process even the most intense of experiences. An accomplished TV and radio personality with over two decades of experience speaking to a reach of millions about doing the inner work. Rebeccah is a groundbreaking voice in the space of healing and self-development, supporting people in moving through their healing and allowing themselves to truly thrive. She is the author of *Coming Back to Life*, host of the *Healing IS Possible Experience* and the *Tougher Together Breakthrough Podcast*, and the creator of *The Emotional Survival Kit* course. Rebeccah teaches us how to become our own healer, how to love and trust ourselves, and how to be our best for others and the world.

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Course Disclaimer

I am not a licensed psychologist or specialist healthcare professional. My services do not replace the care of psychologists or other healthcare professionals.

Please note that you are responsible for your results, your actions, and your experience, resulting from the use, or non-use of the information available in *The Emotional Survival Kit* course. Please use judgment and conduct due diligence before taking any action or implementing any plan or practice suggested or recommended in *The Emotional Survival Kit* course.

Please note that I don’t make any guarantees about the results of the information applied in *The Emotional Survival Kit* course. I share educational and informational resources that are intended to help you succeed in emotional healing. You nevertheless need to know that your ultimate success or failure will be the result of your own efforts, your particular situation, and innumerable other circumstances beyond my knowledge and control.

FOR IMMEDIATE RELEASE:



Emotional Healing Coach Rebeccah Silence Hosts “The Healing IS Possible Women’s Weekend” in Colorado Springs

**3-day Immersive Retreat Experience Guides Participants to
Breakthrough to Next Level of Living and Ultimate Freedom**

Denver, CO (November 22, 2021) – Emotional Healing Coach Rebeccah Silence—CEO & founder of Denver-based Inspired Results, LLC—is proud to announce the company’s first live and in-person event since before the pandemic. “The Healing IS Possible Women’s Weekend” will take place in Colorado Springs, Colorado, from January 7 - 9, 2022. The 3-day immersive retreat will guide attendees to experience personal breakthroughs to their next level of living and ultimate freedom.

“There is nothing more amazing than a fully expressed woman,” says Rebeccah Silence. “Women lead every day. They continue to caretake and love amidst a global pandemic, and they deserve to be supported. Many women may not even realize how depleted they are or how much they have been giving these last 20+ months, but they have been giving so much, and now is their time to receive. The intention is to offer the gift of sacred space, life-changing curriculum and an experience that has the women feeling held, safe and supported as we begin 2022.”

The retreat activities include:

3 Days of Immersion - Participants spend 3 days living unplugged while connecting to themselves and like-minded women leaders. Together, they’ll enjoy healthy and delicious foods, the beauty of Colorado, and the greatness within.

Built-in Support - Learn how to receive love and support from a like-hearted community.

Life-changing curriculum - Learn Rebeccah’s famous Healing IS Possible curriculum that allows you to learn what healing means to you so that you can create your personalized path to emotional healing to use whenever you need it.

Experiential Learning - The retreat features music, games, healing processes, breakthrough work, and experiential learning. Participants will go far beyond mindset and strategy into a deeper level of understanding about what is needed to heal and grow to their next level of living. They will also learn how to close the gap between where they are now and where they want to be, how they feel now, and how they want to feel, and the results they have now to the results they are seeking.

Partner Work - Connect profoundly and intimately with other participants to see and experience blind zones, intimacy blocks and unlock greater possibilities.

Breakthrough Work - With Rebecca's guidance, participants will identify stuck patterns, beliefs, and emotions so that they can break through to the next level of living.

Silence comments, "It's time for women to risk going to a whole new level of impact. How many moments I've been afraid but kept going anyway. After beating cancer, this retreat offers women what I have learned about life, leadership, healing, and commitment. My message to women is, KEEP GOING. Just don't give up. Join us for unmatched support."

She adds, "Breakthrough means that life is never the same again. There is life before breakthrough and life after—and there is no going back because after, you are awake and in a new level of living."

For more info, please visit <https://www.rebecca silence.com/retreat>.

To listen to the Tougher Together Breakthrough Podcast Tune-in:

[Apple](#) [Spotify](#) [Amazon/Audible](#)

About Rebecca Silence and Inspired Results, LLC

Rebecca Silence is the CEO and founder of Inspired Results, LLC, a Denver-based emotional healing coaching company, and host of the "Tougher Together: Breakthrough" podcast. 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 Rebecca'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 Rebecca to speak at your event, please visit rebecca silence.com.

For Immediate Release:



**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, Rebecca, 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.

Rebecca 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 Rebecca Silence and Inspired Results:

Rebecca 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 Rebecca'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 Rebecca 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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