



Rebecca Dollard

Somatic Healing Practitioner, Teacher, Speaker

Rebecca Dollard is a somatic healing practitioner, writer, and speaker known for guiding high-functioning women, especially mothers and leaders, into deeper alignment between ambition and ease.

Her talks weave together science-backed nervous system tools, real-world leadership, and lived experience in a way that feels both inspiring and profoundly practical. Whether she's on stage, leading a retreat, or a guest on a podcast, Rebecca brings a warm, grounded presence that helps audiences feel both seen and equipped to lead differently.

SIGNATURE TOPICS

- ✓ Somatic Healing
- ✓ Nervous System Regulation, Expansion, and Repair
- ✓ Boundaries
- ✓ Healing from people pleasing and perfectionism
- ✓ Relationship conflict and communication
- ✓ Finding and keeping yourself while navigating motherhood and business

LET'S WORK TOGETHER

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