

Dr. Rebecca Heiss

Stress Physiologist; Peak Performance Specialist; Author

Please contact a GDA agent for information.

Topics

- Change Management / Organizational Change
- Inspiration / Achievement
- Peak Performance
- Stress Management
- Wellness
- Women's Empowerment

About Dr. Rebecca Heiss

Dr. Heiss is a stress expert dedicated to transforming our fears into fuel we can use through her Fear(less) Stress Formula. Her research has been designated "transformative" by the National Science Foundation.

As a 2x **author** (*Springboard*, and *Instinct*), founder and CEO of the leadership 360-review mobile application, *icueity*, and highly sought-after professional speaker, Rebecca has found her calling in helping others recognize the power of **using stress as a springboard to reach our highest performance, purpose and passion.**

A former educator, Dr. Heiss spent much of her earlier career in the classroom at both the high school and college levels and was recruited to be a founding member of an innovative charter school with a focus on entrepreneurial thinking and impact-based learning. Today she shares her Fear(less) Stress Formula to transform fear to fuel from stages around the world as a full-time speaker and facilitator of her Fearless Masterclass. She continues her research on how we can **turn trauma into Post Traumatic Growth (PTG)** rather than PTSD.

Rebecca's "fear(less)" message inspires hope and actionable insights to train our brains to work for us, rather than against us in **times of change and uncertainty**. With surprising **humor** and **palpable energy**, no matter if Dr. Heiss is delivering virtually or on stage, she wins over her audiences with interactive, inspiring, and timely takeaways.

When she's not on a stage, she is happiest when hiking or surfing with her two spoiled rotten dogs Guinness and Murphy.

Select Keynotes

• THE ALL-IN EFFECT: Leading Teams To Excel Through Change

The past years have brought increased stress, challenge, and unpredictable change to all industries, resulting in a confidence gap with leaders – afraid to step up, afraid to be vulnerable, afraid that they will flounder.

Imagine if you could instead lead from a space that allows you to go ALL-IN, transforming fear into fuel, and allowing you to enhance productivity by *more* than 25%, stay *more* focused, *more* creative, *more* motivated, and *more* engaged ... all by fearing *less*. That's the ALL-IN Effect.

Keynote audiences will leave with tools that enable them to:

1. Utilize a 3-step science-backed strategy to recalibrate the stress response to work to your advantage immediately, rather than working against you.
2. Discover a key method for harnessing an adventure mindset to become more resilient in high-pressure situations.
3. Experience an inspired ability to link the challenge of change, to purpose and connection in order to increase engagement across your organization.

• FEAR(LESS) MINDSET: Finding Adventure in Ambiguity

Our brains aren't built for this rapidly changing world... **But they are adaptable.**

By consciously crafting a mindset that helps us *lean into* these challenges rather than treat them as threats, we'll be able to avoid the burnout,



frustration, and turnover that might otherwise plague us and our clients. And, perhaps most importantly, we can deepen the connections we had to the purpose and people that drew us into this industry we love to begin with.

Keynote audiences will leave with tools that enable them to:

1. Re-categorize stress as a strength that can drive performance
2. Utilize a 3-step scientific technique to shift stress mindsets from ordeal to adventure
3. Enable positive communication, ideation, and creative collaborations to lead through ambiguity with a beginner's mind

• **THE STRESS SOLUTION: Transforming Fear Into Rocket Fuel to Supercharge Performance**

Stress isn't inherently bad. In fact, the highest-performing athletes and leaders have learned the secrets to the upside of stress, using it to fuel their performance rather than hinder it.

Rather than allowing our environments and our natural biological tendencies toward anxiety to hold us back, we can use the same energy to work *with* us, unlocking our highest potential and learning that when we fear(less), we make room for so much more.

Keynote audiences will leave with tools that enable them to:

1. Understand the root of our stress response and recalibrate it to work with us in the modern world.
2. Engage with our fears to reframe them as energy that can optimize performance.
3. Adopt a simple plan for rewiring our brains to respond differently to threats as challenges, to reduce burnout and restore purpose and fulfillment to our work.

• **FEAR(LESS) LEADERSHIP**

As leaders it's imperative that we are self-aware. And yet research finds that nearly 90% of us...*aren't*. We have to find new ways of understanding our fears, our strengths, our shortcomings, and all of the ways that our brains keep sabotaging us from being the most effective leaders we can be. That's where Rebecca comes in by providing immediately applicable strategies to intervene with our self-limiting instincts.

KEY TAKEAWAYS:

- ♦ Break through barriers to optimal performance.
- ♦ Build self-awareness and fear(less) culture.
- ♦ Drive your company to be more profitable and productive.

• **FEAR(LESS) DIVERSITY**

No blame. No finger pointing. No guilt. Fear(less) diversity is all about understanding the instincts that drive us to carry bias. No matter our background, we all carry some shortcuts and biases about others (and ourselves!). It doesn't make us bad people – it makes us human! But when we understand the instincts that drive these stories, we can be more effective in intervening before they negatively affect our relationships and performance.

KEY TAKEAWAYS:

- ♦ Learn how to neutralize fears that lead to ineffective decision making.
- ♦ Understand the root of subconscious bias and stories that lead to unproductive behaviors.
- ♦ Engage with comfort in the language to talk about what is often a highly difficult conversation.

Select Book Titles

- **2025:** Springboard: Transform Stress to Work For You
- **2021:** Instinct: Rewire Your Brain with Science-Backed Solutions to Increase Productivity and Achieve Success

Select Articles

- [5 Ways To Be A Stand-Out Leader And Excel In Your Career](#)

Select Testimonials

"Rebecca's expertise, approachability, and vulnerability allowed us to craft an event that was beyond my hopes for what we could achieve. The outpouring of feedback from her session is truly profound and the positive impact Rebecca made will impact our global leaders for years to come."

— *Elif Somay, VISA*

“Rebecca was awesome! Her talk was the highlight of the week; I've heard this from several people today. I like to wait a few days to see how I (and others) digest new material...it is simple exuberance that wears off after a couple of days or is it sticky...Rebecca's material has been sticky!

— *Jason Reinhardt, CEO, Lumentum*

“Rebecca was a phenomenal speaker for our leadership conference. We had leaders from a wide variety of industries and positions in attendance, and she created a lasting impact on all of them with her humor, intelligence and practical insights. While the information she shared about stress was rooted in science, she never made it boring or stuffy. She made us all laugh constantly and engaged the audience through her interactive exercises. Most importantly, we all walked away with some simple, practical tips we could use to handle stress more effectively. We've had dozens and dozens of speakers present at our conference over the years and Rebecca was easily one of my top five favorite speakers we've ever had. I recommend her wholeheartedly.”

— *Sarah Wirth, President of Ecsell Institute*