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Top Skills

Coaching

Public Speaking

Personal Development

Certifications

BA APPLIED SOCIAL SCIENCE
SPORTS AND PERFORMANCE
DEGREE

~REBECCA JAEGER~

MENTAL TOUGHNESS COACH

Shannon Vale, New South Wales, Australia

Summary

Jaegerbomb iNC guides clients to clear the FOG or the Mental Cholesterol that is clouding their mind! Pressure, stressors and HIGH EXPECTATIONS can and will lead to disappointment, as they leave no room for error and negative emotions build.

Clients participate in activities and exercises to help with the process of self-evaluation. They will learn how to adopt the new positive proactive behaviour which will increase their performance over time. They will learn how to adapt and respond when out of their comfort zone.

*Building Emotional Intelligence.

Values drive behaviour and I guide clients so they can recognise and prevent negative behaviour.

*Building Emotional Intelligence. (EI)

Key Learning Goals & Responsibilities for developing MT & EI

- o Developing effective boundaries, values, and core beliefs.
- o Strengthening awareness to self-evaluate.
- o Developing a new positive habit for compensating, adjusting and trusting.
- o Focusing on the ability to be accountable and responsible for all behaviour.
- o Improving the management of stress, tension and pressure.
Releasing the FOG!
- o Being open to changing old habits and developing a greater sense of self.
- o Observing behaviour when under difficult and distressing distractions.
- o Observing and correcting negative inside chatter and replacing it with positive self-talk.

- o Adopting Self – Evaluation test to check in with attitude, beliefs, behaviour consistently.
- o Develop an awareness of behaviour in regards to the internal and external motivating factors.
- o Dropping all expectations.
- o Setting effective goals for the team, personal life and family life.
- o Sacrificing and becoming selfish to create a new winning attitude.
- o Creating a better balance between the team, work/school and personal life.
- o Staying in the present moment.

Experience

jaegerbombiNC

15 years 2 months

Mental Toughness Coach

January 2008 - Present (15 years 2 months)

World Wide

2021

jaegerbombiNC coaching

PREPARING the new & improved program for:

NSW Softball U/18's & U/23 State Teams

Athletes

Car racing drivers

Swimmers

Footballers

The Phoenix Rising Foundation 2BUCKTUESDAY.COM

BTOPIA - writing children's books to teach the coping mechanisms to build
EMOTIONAL INTELLIGENCE 4 MENTAL TOUGHNESS (6 TO 12)

Recovering from 2 major operations

2020

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The Phoenix Rising Foundation

Great Keppel Island Steering Committee

2019

MT Coach

Marketing & Branding ~ The Phoenix Rising Foundation

Building retreats around Australia for homeless veterans and abused children and teenagers.

2BuckTuesday.com

2018

MT Coach

The Phoenix Rising Foundation

2BuckTuesday National Campaign for The Phoenix Rising Foundation

ICMI - Motivational Speaker

2017

MT Coach

The Phoenix Rising Foundation

ICMI Speaking - Motivational Speaker

2016

MT Coach

Private clients & teenage workshops

The Phoenix Rising Foundation

ICMI Speaking - Motivational Speaker

2015

jaegerbombiNC

MT Coach

The Phoenix Rising Foundation

ICMI - Professional Speaking Bureau

E-Racing Article February

Private clients

ABC Grandstand Guest 15th January

Rise Above It - MT program for Teenagers

2014

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MT Coach

Teenagers - Rise Above It
NRL - Parramatta Eels player - Ben Smith
Whitedog Racing V8 Ute Series
Gold Coast Sports Academy
Miss Teen Australia
The Phoenix Rising Foundation - September

2013

Gold Coast Academy of Sport
Whitedog Racing Team/Erebus Motorsport/ V8 Ute series
Miss Teen Australia (Regional Manager of Central Gold Coast)
Current NRL - Parramatta Eels player

2008 - 2012 Australian V8 Car Racing (Placement Study program)

V8 Supercar Driver Steve Owen
Nascar Development Driver George Miedecke from Marcos Ambrose
Motorsport
Jack Elsegood (V8 Ute Series)
Grant Johnson (V8 Ute Series)
Kim Jane (V8 Ute Series)
Trent Harrison (Cams Rising Star)
Ash Walsh (Fujitsu Series)
David Brabham - Racing mentor

Coach

January 2008 - Present (15 years 2 months)
Nation wide

Delivering MT programs to teenagers, adults, athletes and car racing drivers.

jaegerbomb

WRITER @ BTOPIA

December 2019 - Present (3 years 3 months)
Australia

Great Keppel Island Resort

Social Media Coordinator

January 2011 - Present (12 years 2 months)
Australia

Creating the social media content for Great Keppel Island and the closed resort. Creating content for the 93 conditions for the over development of the new GKI revitalization.

gkiholidays.com

Great Keppel Island's new resort needs to be built on the original footprint and not be the concrete jungle that Tower Holdings has long to build. The resort was closed down in 2008 and Tower is in breach and needs to be fined. This is a volunteer position.

Self-employed

Founder ~ TeamPhoenix811

September 2016 - Present (6 years 6 months)

Australia

TeamPhoenix811 car racing team was created to brand and promote The Phoenix Rising Foundation LTD which will be building free retreats for -

Homeless veterans

Broken veterans

Abused children

Neglected children

Suicidal children

Homeless children

3 cars will be racing in 2021 under Gary O'Brien Racing and in the Touring Car Masters and currently seeking companies to join our racing family.

teamphoenix811.com

2BuckTuesday.com

I created 2BuckTuesday{TM} with the vision to find 5 million Aussies who will commit to pledging 2Bucks a week.

The retreats are holistic and our approach is simple - love, support, protection, and guidance.

No labels, no medication just guidance to create a new life on the land.

ICMI Speakers and Entertainers

Professional Speaker

January 2015 - Present (8 years 2 months)

The Phoenix Rising Foundation

Founder

September 2014 - Present (8 years 6 months)

Australia

The Phoenix Rising Foundation Limited - will be buying farms off struggling farmers to create holistic retreats.

Our constitution:

1.1 providing accommodation for abused, neglected, suicidal and homeless children and youth with the vision of guiding them towards self-renewal through positive proactive human conditioning;

1.2 incorporating Gestalt Therapy and Mental Toughness principles to stimulate growth and change with homeless veterans, returned servicemen and servicewomen;

1.3 incorporating Gestalt Therapy and Mental Toughness principles to engage growth and change with children and youth;

1.4 providing separate accommodation and facilities for veterans, which includes workshop rooms for the purpose of augmenting the process of self-renewal and stimulating veterans' emotional intelligence to work with post-traumatic stress situations and living with anxiety. Group activity and exercises with ongoing Gestalt Therapy will guide each individual to create a new approach to a positive proactive life with flexibility when entering society;

1.5 incorporating a world-class sporting complex to enjoy the benefits of a team sport, exercise, and fitness;

1.6 incorporating stock and crops with the vision to guide and educate residents about sustainable living and to provide self-sustaining nourishment for residents;

1.7 incorporating a registered non-government school and to deliver all educational classes throughout their stay with the intention that all complete their Higher School Certificate or other relevant secondary school qualification;

1.8 providing a medical clinic to attend to all residents' medical needs;

1.9 developing interpersonal relationships outside the retreat by providing special excursions for resident children/youth as part of their educational experiences – one day to one week excursions and holiday camps with the NSW and QLD Sport and Rec Camps;

1.10 providing a fully sustainable eco-retreat with zero emissions

On The Mark Coaching
Mental Toughness Coach
August 2018 - March 2019 (8 months)
Australia

Health and Harmony Colleges
Student
February 1999 - June 2001 (2 years 5 months)
Brisbane, Australia

Student

North Sydney Bears
Australian National Rugby League
February 1995 - August 1996 (1 year 7 months)
North Sydney, New South Wales, Australia

Cheerleader

Softball Australia
Softball
February 1977 - January 1996 (19 years)
Regional and NSW State

3 times Australian Softball National Titles Champion
3 times New South Wales State Softball Teams

7 years Regional Rep - Cumberland Nepean
3 years Regional Rep - North Shore
NSW State Champion - 4 years

Killara AGrade - 3 years

Coaching - 5 years

Parramatta Eels National Rugby League Club
Australian National Rugby League
January 1987 - December 1989 (3 years)
Parramatta, New South Wales, Australia

Parramatta Eels Cheerleader

Education

Australian College of Applied Psychology

Bachelor of Social Science Sports & Performance, Sport & Performance
Psychology · (2007 - 2010)

Pendle Hill High

Year 10 certificate