

## Rebecca Carswell

A professional speaker and author, Rebecca Carswell settled in Sebastian, Florida, in 1998 to pursue her passion for skydiving. Born and raised in rural New Hampshire, she received a Bachelor of Science degree in Marketing from Plymouth State University, where she later completed graduate courses in psychology. Following graduation in 1989, Rebecca spent a year backpacking solo through Greece, India, and Asia. An avid participant in a range of outdoor sports, she learned how to fly small planes and took up parachuting in her early 20s. To date, Rebecca has logged over 700 jumps, most of them in freefall formation.



**Rebecca (right) skydiving with her sister over Sebastian, Florida**

A major turning point in her life came in 2002, when she broke her back in a near-fatal midair collision with the plane from which she had just jumped out. Told by doctors that she would never fully recover, Rebecca remembers thinking, “I felt like a victim, angry, sad, depressed, like there’s no hope. And I began to realize that what I was thinking was actually creating my reality and affecting how I was healing. So I began to focus on positive, empowering thoughts, like *‘Everything happens for a reason, I will find the gifts in this experience.’* As a result, she was ultimately able to resume a normal life, and even returned to skydiving.

Rebecca speaks to businesses and organizations about what she calls “the Power of Interpretation” – our ability to think anyway we want about any situation we find ourselves in. She teaches that we can overcome any obstacle. She also helps businesses achieve a higher level of success through her own unique listening and communications techniques – now available through her new book, *Hey, Are You Listening To Me? Listening Your Way to Professional and Personal Success*. She is also the co-author of *The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships*.

Rebecca volunteers at the HALO Animal Shelter in Sebastian and as a speaker for local Rotary and Kiwanis Clubs. She is the Master of Ceremonies for the U.S. Parachute Demonstration Team when they perform high-performance skydives during sporting events, grand openings and other functions. Rebecca is married to Michael Paolin, a product specialist for the Swedish company Sandvik Mining & Construction, and member of the U.S. Parachute Team.

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