



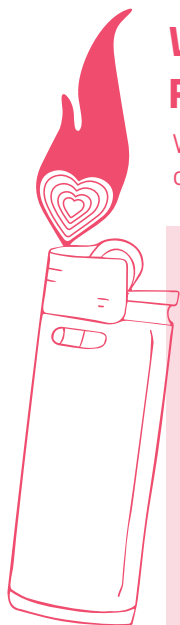
WE ARE & CARO JOBBE



We are rebellious thinkers who don't offer solutions, but create opportunities for discovery and growth.

Showing up in life as illuminators we ask questions that spark clarity and invite new perspectives.

With a deep love for music, dancing and dressing up, we create gatherings where we make space for liminality, places where transformation happens and curiosity thrives.



WE OFFER REBEL SESSIONS

Workshops that break habits, ignite creativity and cultivate energy for real change.

CUT, PASTE REIMAGINE

- ✦ Cut up existing stories to create new narratives.
- ✦ Experience how reassembling images can open new perspectives.
- ✦ Discover how others perceive your artwork.
- ✦ Leave your perfectionist behind and embrace your creative rebel.

RESTING FOR REBELS

- ✦ Discover how you can allow more rest into your daily life.
- ✦ Learn about the 7 types of rest and why *'just going to bed on time'* isn't enough.
- ✦ Find out how you personally recharge, not everyone needs the same.
- ✦ Experiment with micro-pauses.

LINGERING IN THE NOW

- ✦ Let go of the urge to always have an answer ready.
- ✦ Sense the transition through your body, breath and mind.
- ✦ Discover the open space this state of being brings.
- ✦ Dare to not know.

Book your incompany session or digital meetup via: mail@rebel-pause.guide

F★CK
NORMAL
I WANT
MAGIC



REBEL-PAUSE.GUIDE