

Influential Women Profiles Rebecca Boothroyd: Transforming Personal Healing Into Faith & Wellness Missions

CLEMENTON, NJ, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- Through Mending Zenful Minds LLC and Catch Your Breath CPR LLC, Rebecca Boothroyd is Helping Individuals, Organizations, and Communities Prioritize Holistic Well-Being While Equipping Others With Life-Saving Skills

Clementon, New Jersey – Rebecca Boothroyd is proving that sometimes the most meaningful career paths are not the ones people plan, but the ones they are called to pursue. A mother, woman of faith, entrepreneur, holistic wellness professional, speaker, educator, and ordained minister, Rebecca has built two businesses from experiences that fundamentally changed the direction of her life.



Her journey began with more than 18 years in the medical field. Starting as a phlebotomist and advancing to the role of Medical Technologist, Rebecca developed a deep understanding of science, healthcare, and the systems designed to help people live healthier lives. Yet when her own health began to decline, she discovered that understanding the system did not necessarily mean finding the answers she needed.

When conventional approaches were not providing the healing she was seeking, Rebecca made the courageous decision to explore a different path. She discovered Reiki and experienced a personal transformation that changed her perspective on wellness. More importantly, she recognized that what had helped her could potentially help others.

That realization became the foundation for Mending Zenful Minds LLC, a faith-rooted holistic wellness brand dedicated to helping people reconnect with themselves, identify what may be

holding them back, and move forward with greater clarity and intention.

Today, Rebecca serves as a Reiki practitioner, sound therapist, transformational life mentor, business and life coach, speaker, educator, and ordained minister. Her work extends beyond traditional one-on-one services, as she brings wellness experiences directly to individuals, corporations, families, and communities.

Through Mending Zenful Minds, Rebecca provides private sessions as well as wellness experiences for corporate events, girls' nights, family celebrations, weddings, and ceremonies. Her approach is centered on meeting people where they are and creating spaces where they can pause, reflect, reconnect, and invest in their personal well-being.

For Rebecca, wellness is not simply about providing a service. It is about creating meaningful experiences that encourage people to look deeper and recognize the possibilities within themselves.

Alongside her holistic wellness work, Rebecca is also the CEO of Catch Your Breath CPR LLC, where she teaches individuals life-saving CPR skills. Through this business, she combines education and empowerment in another way, helping people develop the knowledge and confidence necessary to potentially make a difference during one of life's most critical moments.

While the two businesses serve different purposes, they are connected by a common philosophy: helping people be better prepared to care for themselves and others.

Rebecca's entrepreneurial journey has been driven by faith from the beginning. She openly attributes her success first and foremost to God, recognizing the opportunities, open doors, and moments of perseverance throughout her journey as evidence of divine purpose.

At the same time, she understands that faith requires action.

Rebecca's philosophy is rooted in showing up even when the entire path is not visible. She believes that waiting until everything feels perfect or until she feels completely ready would have prevented her from moving forward. Instead, she learned to take the next step with faith, trusting that the rest of the staircase would become visible along the way.

Her children have also played an important role in her determination. Knowing that they were counting on her gave Rebecca a reason larger than fear. During the moments when she felt she had nothing left to give, they became part of the motivation that kept her moving.

Perhaps unexpectedly, Rebecca also credits the people who doubted her.

Every person who told her she could not succeed, every negative word directed toward her, and

every expectation that she would not amount to anything became fuel. Rather than allowing criticism to define her future, Rebecca transformed it into motivation. The doubts of others became another reason to keep going and prove that her vision was possible.

Her story reflects a philosophy she now carries into her work: challenges do not have to become limitations. They can become catalysts for transformation.

Rebecca also recognizes that entering and building a career in holistic wellness comes with challenges. One of the most significant remains the stigma surrounding holistic practices. Many people have grown up believing that wellness approaches outside traditional systems are not legitimate or that holistic practices are incompatible with their faith.

Rebecca is passionate about challenging that perception.

Through her work, she seeks to demonstrate that faith and holistic wellness do not have to exist in opposition. Her own practice is deeply rooted in her faith, and she believes there is room for people to explore wellness while remaining grounded in what they believe.

At the same time, Rebecca acknowledges that the wellness industry is becoming increasingly crowded. As more practitioners enter the field, authenticity has become more important than ever.

For Rebecca, the answer is not to compete by becoming more like everyone else. It is to become more deeply rooted in who she is.

She encourages young women entering the industry to start before they feel completely ready, learn through experience, understand their worth, and refuse to undervalue what they bring to the table. She also emphasizes the importance of identifying what makes each person unique.

Rebecca believes that an individual's story, background, perspective, and experiences can become their greatest professional assets. Instead of trying to replicate someone else's path, she encourages emerging entrepreneurs to stay in their lane and build from their own authentic identity.

Her advice reflects the same principles that have guided her own evolution from healthcare professional to entrepreneur and wellness leader.

As demand for wellness continues to grow, Rebecca sees significant opportunities ahead. Individuals are increasingly confronting burnout, exhaustion, and the pressures of modern life, while organizations are paying greater attention to employee well-being and workplace wellness.

For Rebecca, this creates an opportunity to bring meaningful wellness experiences into spaces

where they can have a broader impact. Through corporate programming, private services, mentoring, education, and community engagement, she is positioned to meet people wherever they are in their journey.

At the center of everything Rebecca does are faith, loyalty, respect, integrity, authenticity, and empowerment.

Faith is the foundation. Integrity shapes how she interacts with others. Authenticity ensures that she remains aligned with what she genuinely believes. And empowerment defines the ultimate purpose of her work.

Rebecca does not want to create dependency among the people she serves. Instead, she wants to help individuals recognize the strength, clarity, and confidence that already exist within them.

Her role is to walk alongside people, help them identify what may be standing in their way, and remind them of what they are capable of becoming.

That philosophy is reflected in the way she approaches every client and every opportunity. Whether she is leading a Reiki session, facilitating a wellness experience, mentoring an individual, speaking to an audience, coaching an entrepreneur, or teaching CPR, Rebecca brings the same commitment to service.

Her journey is a reminder that purpose can emerge from unexpected places. A health challenge became the catalyst for discovering a new path. Years in healthcare became the foundation for understanding people and systems. Motherhood became a source of perseverance. Faith became the foundation for entrepreneurship. And personal transformation became the inspiration to help others transform.

Through Mending Zenful Minds LLC and Catch Your Breath CPR LLC, Rebecca Boothroyd continues to turn those experiences into meaningful work.

Learn More about Rebecca Boothroyd:

Through her Influential Women profile, <https://influentialwomen.com/connect/rebecca-boothroyd> or through her website, <https://www.mendingzenfulminds.com/> and <https://www.catchyourbreathcpr.com/>

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