



pLink Leadership®

ACCELERATING POSITIVE CHANGE. IN A BIG WAY.



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BETWEEN STIMULUS
AND RESPONSE,
THERE IS A SPACE.
IN THAT SPACE
LIES OUR FREEDOM
AND OUR POWER
TO CHOOSE OUR
RESPONSE.
IN OUR RESPONSE
LIES OUR GROWTH
AND OUR HAPPINESS.

Stephen R. Covey

Rebecca Tillemans has long been inspired by great leaders who've brought about positive, powerful change. That inspiration and awe drove her to begin to earnestly study extraordinary leadership. As a result, she now excels at bringing academic concepts to life using contemporary and relevant story-based examples. Her depth of experience and decisive confidence allow her to unveil connections and draw insights into the nuances of leadership, carving a path for transformation.

Through her pLink Leadership® coaching, training, and facilitating, Rebecca supports leaders in finding the power of their individual leadership styles through tapping into their core values and unique strengths. The leaders with whom she works deeply value her keen ability to synthesize complex data quickly and compassionately. They appreciate her down-to-earth approach and her gift for creating safe spaces in which they can crystallize their own visions, self-trust, and resolve. In addition to her coaching certifications, Rebecca maintains her license as a masters-level clinical psychotherapist, helping her to leverage professional and academic expertise when supporting leaders in building emotional intelligence and creating strong collaborative relationships.

A Professional Certified Coach through the International Coach Federation, Rebecca earned her Executive Certificate in Leadership Coaching from Georgetown University's Institute of Transformational Leadership. She is Certified Dare to Lead™ Trained and holds a DEI in the Workplace Certificate from USF Corporate Training and Professional Education. She earned a master's degree in Mental Health Counseling from State University of New York and a bachelor's degree in Communication and Social Psychology from Cornell University.

A former wilderness therapy instructor, Rebecca always enjoys getting outside in search of the awe and connection that nature reliably delivers. A firm believer in the Hippocratic philosophy of "let thy food be thy medicine," she can often be found deep in a creative flow, combining spices, roots, and superfoods into a functional work of art. Irresistibly drawn to a good beat, she loves to close out her language-focused work week with a rag-tag group of dancers who understand that there is so much that cannot be said—sometimes, you just have to shut up and dance. Rebecca makes her home in Columbia, Maryland, with her daughter, son, and husband.