01 · THE FOUNDER

IESHA TARABOULSI



FOUNDER. AUTHOR. EXECUTIVE CONTRIBUTOR.

Human behaviour. Identity. The art of becoming.

BEYOND THE EXPECTED.

Iesha Taraboulsi is an Australian founder, author and Executive Contributor to Brainz Magazine whose work explores human behaviour, identity, decision-making and the changing nature of what it means to build a fulfilling life.

With more than 25 years of experience across intelligence, investigations, fraud, governance and risk, Iesha has spent much of her professional life examining information, questioning assumptions and understanding the factors that influence decisions.

Today, she brings that investigative perspective together with her training in neuroscience and wellness coaching, lived experience and a continuing curiosity about how people respond to change, uncertainty and possibility.

As the founder of She Rebuilds Collective and Graceful Discoveries, Iesha creates educational resources and conversations that encourage people, particularly women, to better understand themselves, reconsider familiar narratives and make more intentional choices about what comes next.

Her work sits at the intersection of professional insight, practical education and the often-uncomfortable questions that lead to personal growth.

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02 · EXPERTISE & PERSPECTIVES

A QUESTIONING MIND.

Where experience meets curiosity.

Iesha's perspective has been shaped by more than two decades working in disciplines where evidence, judgement, human behaviour and decision-making matter.

Her career spans intelligence, investigations, fraud, governance, risk and assurance, including senior leadership and advisory roles across the public and private sectors.

Alongside this professional foundation, Iesha has developed expertise in neuroscience-informed education and personal development, exploring the relationship between stress, behaviour, identity and the decisions people make during periods of uncertainty.

Her work challenges the assumption that reinvention always requires starting again. Instead, she encourages a closer examination of the experience, knowledge, strengths and possibilities people already carry.

BACKGROUND & CREDENTIALS

- 25+ years across intelligence, investigations, fraud, governance, risk and assurance
- Degree in Criminology and Criminal Justice
- Certified Neuroscience Coach
- Certified Wellness Coach
- Author, Take Back Your Power
- Executive Contributor, Brainz Magazine
- Founder, She Rebuilds Collective
- Founder, Graceful Discoveries
- Creator of the Calm the Chaos Method™

AREAS OF PERSPECTIVE

01	Human Behaviour & Decision-Making	How stress, uncertainty, assumptions and cognitive patterns can shape the way we interpret information and make choices.
02	Identity & Reinvention	The changing nature of identity, particularly for women questioning roles, expectations and ambitions as they move through different chapters of life.
03	Self-Trust & Personal Agency	How confidence, self-perception and the ability to make intentional decisions can be affected by significant life experiences.
04	Navigating Change & Uncertainty	Bringing an investigative mindset to the questions we ask, the stories we construct and the possibilities we may overlook.
05	The Value of Experience	Challenging the idea that women entering a new chapter are starting from nothing, and exploring the professional and personal value they have already accumulated.

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03 · SIGNATURE FRAMEWORKS & INTELLECTUAL PROPERTY

SIGNATURE FRAMEWORKS.

Original methods, developed through She Rebuilds Collective.

01 The EDIT Method™

SHE REBUILDS COLLECTIVE

A practical framework for examining the assumptions, beliefs, expectations and choices that influence how women see themselves and the possibilities available to them.

Through The Becoming Edit™, the method encourages women to question familiar narratives, reconsider what still fits and approach personal change with greater awareness and intention.

E	D	I	T
EXAMINE	DISTINGUISH	INVESTIGATE	TAKE STOCK

02 Rebuild Blueprint™

SHE REBUILDS COLLECTIVE

Built around four stages, this practical framework helps women identify the value they already carry, reconsider limiting assumptions and translate possibilities into meaningful action.

01	02	03	04
RECOGNISE	RECLAIM	CHOOSE	BUILD

SHORT MEDIA BIO

FOR HOSTS & ORGANISERS · REPRODUCE FREELY

Iesha Taraboulsi is an Australian founder, author and Executive Contributor to Brainz Magazine. Drawing on more than 25 years across intelligence, investigations, fraud, governance and risk, together with her training as a certified neuroscience and wellness coach, she explores human behaviour, identity and the decisions people make during periods of change. She is the founder of She Rebuilds Collective and Graceful Discoveries, and the author of Take Back Your Power. Her work challenges the idea that reinvention means starting from nothing, encouraging women to recognise the experience, knowledge and strength they already carry as they decide what comes next.

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04 · SELECTED MEDIA

IDEAS IN THE WORLD.

In print. On air. In conversation.

Iesha contributes to discussions exploring the intersection of human behaviour, identity, relationships, resilience and personal change. Her writing and conversations draw on professional insight, research-informed perspectives and lived experience, making complex subjects accessible, relevant and thought-provoking.

IN PRINT

Brainz Magazine

EXECUTIVE CONTRIBUTOR

Iesha writes about human behaviour, the impact of significant life changes, self-trust and the process of finding clarity during uncertainty.

SELECTED ARTICLES

01 **Don’t Ask a Survival Brain to Make Life-Changing Decisions**

Why periods of heightened stress can influence our thinking, and why creating space for clarity matters before making significant decisions.

02 **When the Truth Breaks, So Does Your Trust in Yourself**

CONTRIBUTOR PROFILE & ARTICLES

ON AIR

Champion Mindset Collective

PODCAST INTERVIEW · RECORDED 28 OCTOBER 2026

A conversation drawing on Iesha’s experiences and perspectives on navigating difficult life circumstances, rebuilding personal agency and finding a way forward.

Episode link to be added following public release.

IN DEVELOPMENT

Further editorial contributions, podcast conversations and speaking opportunities are part of Iesha’s ongoing work to bring meaningful perspectives to wider audiences.

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05 · THE INVITATION

LET'S START A CONVERSATION.

Different perspectives. Meaningful questions.

The most interesting conversations are often the ones that challenge what we think we know.

Iesha is available for podcast interviews, editorial features, speaking engagements, panel discussions and selected collaborations.

Bringing together an investigative professional background, neuroscience-informed education and a personal understanding of navigating change, she offers a distinctive perspective on the questions that shape how people think, choose and evolve.

SUGGESTED SPEAKING & INTERVIEW TOPICS

01 Don't Ask a Survival Brain to Make Life-Changing Decisions
The relationship between stress, uncertainty and decision-making, and why clarity matters when everything feels urgent.

02 You're Not Starting From Nothing
Why women considering change may underestimate the value of their accumulated experience, capabilities and strengths.

03 Who Are You Beyond the Roles You Play?
Identity, expectations and the often-unspoken questions women face as their lives and priorities evolve.

04 The Stories We Tell Ourselves
How assumptions, beliefs and personal narratives shape the way we interpret experience and imagine what is possible.

05 The Art of Rebuilding Self-Trust
How significant life experiences can reshape confidence, personal agency and the relationship we have with ourselves.

06 When Experience Becomes an Advantage
Bringing an investigative mindset to reinvention, risk, uncertainty and the choices involved in building what comes next.

AVAILABLE FOR — Podcast interviews, media commentary, editorial contributions, panel discussions, guest speaking, educational workshops and selected collaborations.



MEDIA & SPEAKING ENQUIRIES

Iesha Taraboulsi

FOUNDER, SHE REBUILDS COLLECTIVE & GRACEFUL DISCOVERIES

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For interview requests, speaking engagements and editorial collaborations, email or use the media enquiry form.

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