

Experience

I specialise in behavioural change, communicating with impact and leadership development.

Previously working for a change consultancy in NSW my clients included: Blake Dawson, Mission Australia, NSW Environmental Solutions, CSIRO and most recently in Victoria; Department of Human Services.

I bring a breadth of experience including; working in organisational change, psychology research and program development at Sydney University, as well as 10 years as a professional actor.

I have qualifications in applied psychology, drama, psychodrama and workplace training. I am accredited in the 3-d simulation method "play of life", Learning Styles and ACT (a "Mindfulness" method).

Typical Recent Assignments

- Delivering conflict management training to an entire division of frontline staff.
- Relationship Coaching; particularly around how to more effectively manage work relationships with managers, peers and teams.
- Coaching for communication with impact. Working with clients on presentations, speeches and critical meetings in order to create a lasting impression.
- Working with leaders to help them create and implement their vision.
- Mentoring young women to facilitate their next role or career move.

I'm known for:

Enabling clients to stand outside and look in on their current situation. This creates insight, and a strong position from which to take effective action.

In my work I engage actors to simulate situations from the client's world, providing the opportunity to practice new roles, mindsets and behaviours. I call this "rehearsing for reality".

My approaches are dynamic and cut-to-the-chase.

When people make changes we are not simply talking about it; we are actually doing it in "realtime" - in a safe environment. This allows new neural pathways to be developed so that once a client leaves a session they have already done the hard work and are ready to apply it in their own context.

Building clients' confidence and impact in their work and life. Assisting them to overcome obstacles and enhancing their strengths. Having a laugh. I believe that enjoying what you do and genuinely engaging with who you work with matters.



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I believe in enjoying what you do."