

Capabilities

Empowering individuals through tailored workshops and coaching, backed by proven methodologies and deep expertise in mental health education.

Workshops & Education;

Emotionally Intelligent Leadership

Trauma-informed training for leaders to build psychologically safe, respectful teams.

Managing Vicarious Trauma

Identify early signs of burnout and vicarious trauma, and respond with practical strategies.

Mental Health First Aid

Globally accredited training to recognise and respond to mental health crises and support suicide prevention.

DISC Personality Workshop

Enhance team cohesion and reduce conflict through engaging, evidence-based self-discovery.

Trauma-Informed Response to Sexual Harassment & Assault

Learn how to respond to disclosures with sensitivity and support, minimising retraumatisation.

LEGO® Serious Play®

Innovative team-building and strategic planning through hands-on, creative engagement.

One-to-One Coaching

Personalised support for navigating workplace challenges and leadership growth.

Clients and Partners



Dept. of Justice: Designed and delivered an in-person professional development workshop for court registrars and magistrates, focused on applying trauma-informed principles



Redgum Justice: Delivered a tailored program combining vicarious trauma management, DISC personality profiling, and Serious LEGO® Play to support frontline justice staff.



Differentiators

- Practical hands-on interactive workshops
- Workshops are hands-on, immersive and grounded in real-world application, moving beyond theory to build practical skills
- A mixture of facilitation techniques to engage diverse learning styles
- Facilitation is shaped by lived experience and 20 years of professional teaching experience
- Sessions can be consciously designed to cater to neurodiverse participants

Accreditations, Membership and Awards

- Qualified Senior Teacher
- Mental Health First Aid Instructor
- Certificate IV - Training and Assessment
- Board Member - Complex Trauma Board of WA
- Hanrine Foundation - Education Working Group
- United Nations Australia - UNAA-WA Gender Equality Committee
- Organisational Award for Organisational Excellence in Diversity, Equity and Inclusion in Defence sector

