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My Vision, Mission, & Values

Vision

I facilitate psychological development via healthy relationships for individuals, organisations, and communities, motivated by the knowledge that everyone can flourish. I am committed to providing quality professional services that support and challenge people to grow and develop.

Mission

To be committed to providing compassionate, innovative care, enabling hope and growth via tailored interventions.

To understand people's lives and empower them by offering a range of quality psychological services.

To expand people's choices and opportunities, to encourage self-direction, self-regulation, and resilience.

To treat people respectfully, to accept them irrespective of their challenges, and to be additive to lives.

To focus on collaborations to provide support, resources, and programs to individuals and organisations.

To work respectfully for the dignity of people and focus services around person-centered approaches.

To contribute to a better world by living in a healthy, positive, and productive way.

To develop via personal and professional initiatives that are healthy, relaxing, fun, meaningful, and challenging.

Values

My values (e.g., compassion, harmony, integrity, excellence) act as a point of reference for my decision-making, are fundamental to my identity, and underpin all I do. They are demonstrated through my everyday actions, and give my mission life.

Professional Disclosure

My areas of interest are adult psychology and corporate consulting with a focus on the integrative use of psychological perspectives and modalities for wellbeing. I am committed to following the science and discipline of psychology, and complying with the principles and codes of the *Psychology Board of Australia*, and the *Australian Psychological Society*.

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