



# About us

## PROFESSIONAL PROFILE

### Tanja Limnios

Founder & Corporate Coach at Thinkahead Consultant Psychologists Pty Ltd

**Tanja Limnios** is a registered psychologist and corporate coach with over 30 years clinical and organisational experience. Within the clinical field of private practice, she specialises in the assessment and treatment of mental health conditions ranging from mood disorders to trauma intervention, eating disorders and low self-esteem issues. Tanja has additional training in EMDR and Eating Disorders and uses evidence-based interventions when treating individuals, children, couples, and families.

Being a parent herself she uses a family systems approach; psycho-education and parenting skills training to help support all members within the family unit.

Tanja works closely with local GP's, communities and corporate organisations and divides her time working across both the clinical field of private practice as well as the corporate consulting space.

Within the corporate space she has expertise in workplace issues such as psychosocial hazards in the workplace; bullying and harassment; conflict with peers and/or management; performance issues and workplace injuries. Tanja is a SIRA accredited provider and provides clinical intervention through the Workers Compensation Scheme. She uses a combination of positive psychology, coaching and counselling to create behavioural change and build resilience.

Tanja also provides coaching and mentoring to many business leaders in mapping their professional and personal goals, delivering return on investment, and supporting organisations achieve their objectives. As a coaching psychologist she will enhance strategic thinking and provide practical results; motivate and encourage you when you are stuck; observe and provide insights to build you and your business to your highest potential and hold you and your team accountable to action. Tanja will mentor you to become a better leader; assist in creating a constructive work culture and develop a high performing team and business that will enable you to live the life you have always wanted. Tanja draws on psychological methodologies and principles when dealing with the broader people and business issues that surface in all organisations.

Within the consultancy space Tanja works with both government and private sector organisations and provides services which focuses on early intervention, equipping managers to better support staff as well as implement effective preventative strategies. Tanja is also a presenter at several national conferences and was a lecturer at the Australian College of Applied Psychology.

THINKAHEAD®

We Specialise in

PSYCHOLOGICAL  
SERVICES

CORPORATE  
TRAINING

LEADERSHIP  
DEVELOPMENT &  
COACHING

PERFORMANCE  
& WELLBEING  
PROGRAMS

CULTURE  
ENHANCEMENT

CONSULTING  
SERVICES



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## TERTIARY QUALIFICATIONS

Bachelor of Arts (Psychology) University of Newcastle

## POST GRADUATE DEGREE

- Master of Applied Psychology University of Newcastle
- Diploma in Business

## ADDITIONAL TRAINING CERTIFICATIONS

- Certificate IV in Training and Assessment (TAE40110)
- EMDR St John of God Hospital (Burwood)
- Advanced Critical Incident Stress Debriefing Jeffrey Mitchell and George Everly (Baltimore)
- Understanding personality and personality disorders (Hunter Institute of Mental Health)
- Bereavement Counselling Mal McKissock (Sydney Bereavement Centre)
- Breaking the Pattern of Depression Dr Michael Yapko (Sydney)
- Therapeutic Treatment of Acute Stress Disorders (Hunter Institute of Mental Health)
- Eating Disorders Essentials (Australian Centre for Eating Disorders)

## MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS & BODIES

- Full Member of Australian Psychological Society (APS104604)
- Medicare Registered (2861052K)
- Member of the Psychological Board of Australia (PSY 0001237261)
- WorkCover Approved Provider (SIRA 7770)

