



About us

PROFESSIONAL PROFILE

Trish Kensell

Registered Psychologist

In today's ever-evolving professional landscape, where adaptability and acquiring new skills are paramount, seizing opportunities and staying at the forefront become indispensable. Whether you're embarking on the quest for the next career milestone, exploring your untapped potential, or you're a forward-thinking business keen on harnessing high-performing individuals, the transformative power of leadership development and coaching holds the key to unlocking your full potential.

As a registered psychologist, I bring a unique blend of skills and expertise to the table. I understand that in this era of disruptive change, issues like anxiety, depression, work stress, and work-related concerns can affect one's career trajectory and overall well-being. With over 30 years of experience working with individuals, teams, and C-suite executives, both domestically and internationally, I have honed my ability to address these challenges effectively.

Think of me as a sports psychologist for the office. I draw upon contemporary knowledge about how change works within organisations, combining it with my training and understanding of psychology to offer individual coaching that delivers results quickly.

Having collaborated with organisations such as CommBank, NBN, Siemens, Microsoft, and Ericsson, I've witnessed the intricacies of corporate dynamics from the inside out.

My approach is pragmatic and solution-focused. I provide a structured, goal-oriented experience, ensuring you always have a clear path forward. Sessions blend long-term planning with actionable steps, so you know precisely where you are, where you're headed, and what you've accomplished.

TERTIARY QUALIFICATIONS

- Registered Psychologist
- Master of Arts (Psychology) University of Sydney
- Bachelor of Arts (Psychology) University of Sydney

POST GRADUATE DEGREE

- Member of the Australian Psychological Society (APS)
- AHPRA Registered (PSY0001234241)
- Medicare Registered (5741552T)

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PSYCHOLOGICAL
SERVICES

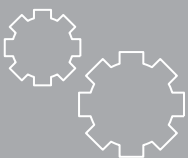
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