

# Priscilla Lund

Mindset & behaviour specialist  
Change management advisor

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Well prepared and delivered Change Management programs focus on organisational and individual change activities that foster employee engagement and adoption of intended outcomes. These programs generally assume responsibility for engagement sits solely with the company, as facilitated by change management teams through stakeholder engagement and change networks.

In my experience and research shows, this is only half of the equation. Very few programs factor in what employees, especially those in leadership positions, can do to increase their own engagement, let alone support them in doing so.

A key component of this 'missing' half is creating a thriving environment that fosters engagement through effective employee interactions that build trust; the foundation of longer-term organisational change capability and maturity.

This side of engagement works top-down, starting with executives and key leaders by educating and coaching them in how they communicate, relate, influence and motivate others. In doing so, leaders develop confident self-awareness and presence, enhancing employee trust, which is critical for ongoing organisational success.

As a seasoned corporate change manager, I focus on the behavioural side of change engagement through advisory to change management teams and by working hands-on with leaders as a mindset and behavioural coach. Throughout the change program, I help leaders boost their self-awareness for more successful interactions with others.

As a result, leaders are more effective decision makers, deal better with pressure, communicate more effectively, understand how and when to modify their behaviours with different employees and overall are more equipped to be motivational coaches enabling employees to achieve their, and the organisation's goals.

This, combined with formal change management programs, completes the equation for successful organisational engagement, employee change readiness and adoption, benefits realisation and enhanced organisational change maturity.

Adding to this, I am a qualified mental health and well-being practitioner working at both individual and organisational levels. I use evidence based cognitive and behavioural theories and proven behavioural profiling tools to underpin my approach.

*We are autonomous beings, yet we thrive on connection and collaboration.  
Let's work together to increase your self-awareness and presence  
for professional and personal success!*

## SKILLS

Mindset & Behaviour Coaching  
Leadership Coaching & Mentoring  
Change Management Advisory  
Workshop Design & Delivery  
Group Facilitation



MONASH University

Master of Counselling  
Bachelor of Business  
Bachelor of Information Technology

## COURSES & CERTIFICATIONS

Extended DISC® Consultant  
Acceptance & Commitment Therapy  
Prosci® Change Management Practitioner  
Mental Health First Aid  
PACFA Reg. Provisional 26032