



## PRISCILLA LUND

Well-Being Counsellor  
Career & Leadership Coach

### PROFILE

Priscilla is a registered clinical Counsellor, skilled workplace coach and group facilitator. She has extensive experience focusing on the human element of organisational and leadership development, change management and change adoption. She has a wealth of knowledge and experience accumulated across a broad range of industries, working with a multitude of people from varying backgrounds, life-stages, and cultures.

Priscilla works with individuals and organisational groups to uncover and ignite mindset and behavioural flexibility for long term personal growth, wellbeing, change resilience and professional development. Priscilla achieves this by harnessing her corporate consulting experience combined with evidence based cognitive and behavioural theories such as Acceptance and Commitment Therapy (ACT) and other behavioural and solution focused modalities.

## QUALIFICATIONS

### Academic – Monash University

- Master of Counselling (with Distinction)
- Bachelor of Business, Accounting
- Bachelor of Information Technology, Computing

### Certifications & Registrations

- PACFA Reg. Clinical 26032
- Extended DISC® Consultant (Level 1 and 2)
- Cappfinity Strengths Profile (Level 2)
- Prosci Change Management Practitioner

### Professional Development

- Interpersonal Neurobiology (IPNB) Comprehensive – Dr Dan Siegel (in progress)
- Acceptance & Commitment Therapy (ACT) – Dr Russ Harris
  - › Anxiety & Depression
  - › Focused ACT – Brief therapy
  - › ACT for Trauma
  - › ACT for Adolescents
  - › ACT for Relationships (in progress)
- Mental Health First Aid, MHFAA (2019)
- First Aid (HLTAID003/HLTAID011)

## SKILLS & EXPERIENCE

- Individual well-being counselling
- Career and leadership coaching
- Mindset and behavioural health coaching
- Personal growth and development coaching
- Individual and group behavioural profiling
- Workshop / training design and delivery
- Group facilitation (online and in person)
- Over 2,000 counselling, coaching and group facilitation hours
- Over 25 years organisational consulting experience



## CONTACT

+61 414 502 817

[priscilla@mindflex.com.au](mailto:priscilla@mindflex.com.au)

[www.mindflex.com.au](http://www.mindflex.com.au)

