



PRISCILLA LUND

Well-Being Counsellor & Workplace Coach

Meet Priscilla, a passionate advocate for personal and professional growth. As a registered clinical counsellor, seasoned workplace coach, and expert group facilitator, she's not just in the business of change, but in the business of transforming lives.

With a wealth of experience spanning various industries and a diverse clientele, Priscilla is no stranger to the intricacies of human behaviour and leadership development. Her journey has taken her from executive board rooms to factory floors, working with people from all walks of life.

What sets Priscilla apart is her commitment to unlocking the potential within individuals and organisational teams. She's a firm believer in the power of flexible mindsets and adaptive behaviours. Whether it's fostering personal growth, bolstering well-being, building change resilience, or fuelling professional development, Priscilla's got it covered.

Her approach is a unique blend of corporate consulting wisdom and evidence-based cognitive and behavioural theories, including the transformative Acceptance and Commitment Therapy (ACT) and other strength-based and solution-focused modalities.

When you work with Priscilla, you're not just investing in change – you're investing in a journey of self-discovery and empowerment. Get ready to thrive under her guidance as you embrace new possibilities and chart your course towards a brighter future.

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 & 2)
- Cappfinity Strengths Profile (Level 2)
- Prosci Change Management Practitioner
- Mental Health First Aid, MHFAA
- First Aid (HLTAID003/HLTAID011)

Professional Development

- Interpersonal Neurobiology (IPNB) Comprehensive – Dr Dan Siegel (in progress)
- Acceptance & Commitment Therapy (ACT) – Dr Russ Harris
 - › ACT for Anxiety & Depression
 - › Focused ACT – Brief therapy
 - › ACT for Trauma
 - › ACT for Adolescents
 - › ACT for Relationships
 - › ACT for ADHD

SKILLS & EXPERIENCE

- Individual well-being counselling
- Career and leadership coaching
- Mindset and behaviour coaching
- Personal growth and development coaching
- Individual and group behavioural profiling
- Workshop / training design and delivery
- Group facilitation (online and in person)
- Over 3000 counselling, coaching and group facilitation hours
- Over 25 years organisational consulting experience

CONTACT

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