

towardsmastery



“My approach has been described as sensitive, and enriching, fun and joyful, and the experience of calm and encouraging energy during our conversations is often spoken of by my clients. Confidentiality and attention to personal professional and spiritual growth are things people value from our coaching”

BUSINESS/CAREER HISTORY

- Principal Lifestream Associates
- Mental Health OT
- Community Rehabilitation OT
- Drug and Alcohol Rehabilitation
- Faculty OT programme Lincoln Institute
- Staff Training – burn-out prevention, resilience.

COACHING BACKGROUND

- Associate Certified Coach, International Coach Federation
- Professional Development Committee, Brisbane Chapter, International Coach Federation Australasia (ICFA)
- Founding Member and Global Host Occupational Therapy Coach Special Interest Group
- BSc App (Occupational Therapy)
- Certified Graduate, Coach U
- Post Graduate Diploma in Movement and Dance Education
- Diploma Transpersonal Psychology

COACHING NICHE AREAS

- Life Transition
- Communication for Community Leaders and Emerging Leaders
- Strengthening Personal Foundations
- Spiritual Transformation
- Not-for Profit Sector
- Community Activists

INDUSTRIES

- Health Professionals
- Education
- Government
- Health
- Academics

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Jeanette's passion lies in helping people uncover their life's purpose: shaking people awake from their trances, inspiring people to make active conscious choices, and to discover their unique purpose in life. Curiosity, and a belief in lifelong learning, animates her interest in people. Networking and sharing resources are integral to her nature. She believes being aligned with our soul's desire unlocks energy and enthusiasm for ourselves and this ultimately serves others. By dedicating time and attention to our physical, emotional and spiritual care and nourishment we become more able to respond, with compassion, to life's daily challenges. Individual "self-responsibility" becomes political action of consequence. When we act in the most immediate and present place and time, to do the highest good, somehow life begins to flow.

Jeanette has three decades of experience as an Occupational Therapist, with a reputation as an educator with heart, a therapist who cares more than people expect, and someone who treats all people with respect. People appreciate the calming influence they experience in her company, and the self confidence she inspires.

Opportunities to collaborate with people during life transitions led Jeanette to explore different pathways for personal and cultural change. She now focuses her work on the need she perceives for people of all walks of life to become more self

responsible and resilient in order to transition to a more sustainable culture.

Jeanette has worked in Mental Health services in Victoria, NSW and Queensland, taught Occupational Therapy at undergraduate and post graduate levels; consulted with government departments and non-government organizations; presented papers and workshops at state, national and international conferences. Her post graduate Diplomas in Movement and Dance Education (Dance Therapy) and Transpersonal Psychology contribute richness to her work as a personal and professional coach.

As a coach Jeanette is specifically engaged by clients to assist them in discovering the points of passion and strength in their lives, and to explore how to create more opportunity for sustainable enthusiasm, playfulness, and balance in the various "occupations" of their lives.

She understands that as more people are able to live life "on purpose" each day, and the better the choices they realise they can make, then the more love and happiness can be spread in our local lives – for global impact!

Every good coach has a coach, and Jeanette has engaged MCC mentors throughout her coaching work.