

CAPABILITY STATEMENT

Bron Stedall



People Development Consultant

Contact details

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QUALIFICATIONS

- Enrolled in Diploma of Counselling – Australian Institute for Professional Counsellors
- Cognitive Behavioral Therapy for the treatment for chronic pain, certificate from Sydney University
- Accredited Professional Coach (Meta Dynamics Level IV certified) - The Coaching Institute
- Ongoing part-time study Bachelor of Psychology – Macquarie University

PROFESSIONAL ASSOCIATIONS

- Australian Counselling Association – student
- International Coach Guild

Bron is the People Development Consultant for Pinion Advisory, where she creates and delivers people development programs, provides mental health support to clients and staff across the range of Pinion Advisory services, and mediates conflict resolution.

As principal of Mind Matters Coaching since 2018, Bron developed the MINDCRAFT program and assisted clients to build up their mental health, manage stressors and improve interpersonal relationships. Believing strongly in demystifying psychology and human behaviour, she provides practical and easy to understand insights and models to aid accountability and facilitate change.

Bron is a compassionate and dynamic coach who enjoys working with clients to facilitate changes in perspective and behaviour, which, in turn, improves wellbeing, relationships and workplace performance.

Areas of expertise

- Supporting individuals to improve their wellbeing
- Supporting couples/families to improve interpersonal relationships
- Facilitating personal development workshops
- Facilitating successful transitions through periods of change or uncertainty
- Conflict resolution
- CBT for chronic pain management

Professional experience

- Mind Matters Coaching - Principal, 2018-2022
- Pinion Advisory - People Development Consultant 2022 – current

CAPABILITY STATEMENT

Relevant projects

PROJECT	ROLE	CLIENT	YEAR/S DELIVERED
Face-to-face coaching	Providing a safe and supportive environment to assist clients, from diverse ages and backgrounds, to work through their problems, resulting in improved thinking, behaviour and overall mental health	Various clients	2017-ongoing
Personal development workshops	Facilitation of personal development workshops for schools and corporate sector	Various clients	2018-ongoing
MINDCRAFT	Personal development program – authored and delivered	Mind Matters Coaching	2018 – ongoing
Employee Assistance Program – provider of face-to-face support	Provided one on one staff support to improve stress management and reduce sick leave/mental health days	Pinion Advisory	2021-2022