

CAPABILITY STATEMENT

Bron Stedall



People Development Consultant People and Succession

Contact details

0492 269 752

9 Strickland Street
Clare SA 5453

QUALIFICATIONS

- 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
- Enrolled in Diploma of Counselling – Australian Institute for Professional Counsellors

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

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

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 |
| MINDCRAFT Personal development workshops | Facilitation of personal development workshops for schools and corporate sector | Various clients Current: Scotch College | 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 |
| AgReSilience | Delivered, Personal Performance for Better Decision Making – 1 day workshop | Livestock SA | 2022 |
| Grain Market Briefings | Presented on 'The psychology of good decision-making in a volatile market' | Pinion Advisory grain clients | 2022 |
| Leading People for Performance and Profit | Facilitation of online Personal Development program to enhance leadership capabilities and interpersonal relationships | Farm business owner/operators | 2022-ongoing |
| Next Gen Breakthrough | Delivered on people development and leadership attributes | Farm business owner/operators | 2022-ongoing |
| InTouch articles | Authored articles on mental health | Subscribers to database | 2022 |