

CAPABILITY STATEMENT

Bron Stedall



People Development Consultant People and Succession

Contact details

0492 269 752

13 Hanson Street
Freeling SA 5372

QUALIFICATIONS

- Cognitive Behavioural 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

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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	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
Yunta Farming community workshop	Personal Performance for better decision making	University of Adelaide SA Drought Hub SA Arid Dry Lands	02/2023
KI Farming Tools and Tech Field Day	How to be the sharpest tool in the shed! Presentation on mental health	PIRSA	02/2023

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Kangaroo Island – Leadership workshop	Presented in-person full day workshop on leadership, stress management and building EQ	PIRSA	07/2023
Managing stress and your relationships in a farm business	Presented in-person. Mini-workshop	Balaklava-Owen Grain Focus Group	07/2023
Annual conference for SA Rural Womens’ Gathering	Presented mini in-person Strong Foundation workshops at the conference	SA Rural Womens Gathering	08/2023
Preparing your community for disasters and emergencies	Volunteer committee member. Presented on Pinion Advisory services that could help mitigate disasters, to councils and rescue services.	Legatus Group	2023
Women in Ag	Presented Strong Foundations mini-workshop	Catalyst Foundation	09/2023