

# SAMANTHA SELLWOOD

## PSYCHOLOGIST, FACILITATOR, CONSULTANT

Sam is a registered psychologist with significant experience in mental health and wellbeing in the workplace. She is passionate about helping employers gain a better understanding of the potential impact of the work environment on the wellbeing of their employees.



Through training, coaching, and consulting, Sam supports employers in developing people-focused leaders and fostering healthier, more connected teams. She has worked in a range of government and non-government roles providing mental health and wellbeing services for adults. Sam also has significant experience providing individual counselling and therapy services to adults in private practice, workplace settings, and with long-term unemployed clients at Centrelink.

Sam has a diverse background that includes administering and interpreting various psychometric assessments (for example, IQ, personality assessments, psychiatric disorders), in both the organisational selection context and for the purpose of assessing mental illness within clinical contexts.

In her role as a Senior Human Services Officer with the Queensland Police Service, Sam provided brief counselling interventions and referrals to personnel facing personal and mental health difficulties. She also coordinated the regional peer support officer network and supported supervisors in managing mental health in the workplace.

With extensive experience as a trainer and facilitator, Sam has a particular interest in leadership and mental health topics. Participants in her workshops frequently comment on Sam's knowledge and experience, as well as her enthusiastic facilitation style and capacity to have fun with her audience. Sam has delivered leadership development programs and coaching for supervisors and managers, emphasising on "people-focused" leadership skills. Additionally, she has provided high-level consultancy on complex workplace conflict and negative behaviours, alternative dispute resolution services, workplace learning programs on conflict management, and support to supervisors managing complaints of bullying and harassment.

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## QUALIFICATIONS

- Bachelor of Behavioural Science
- Postgraduate Diploma of Psychology
- Master of Business Psychology
- Master Mental Health First Aid Instructor
- Registered with the Psychology Board of Australia - Registration Number PSY0000976786

## CONTACT

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