



Stuart Mitchell

Mental Health and Wellbeing Facilitator (Counselling Psychotherapist)

Stuart Mitchell has more than 20 years of local and international experience in designing and delivering organisational development initiatives. Stuart is recognised for having a straightforward, refreshing presentation style that combines skilful facilitation with real-life success in business and community services. He has developed a reputation for providing people with motivation, focus and clarity in a sincere and engaging manner.

In July 2018 Stuart's primary focus turned towards delivering mental health related programs. Having delivered leadership programs for many years he has been convinced that providing managers with practical information about common mental illnesses, so that you can identify risks in the workplace and provide assistance, provides the best ROI in terms of the allocation of the training and development budget. After all, most performance related problems are related to mental health problems and yet most managers still default to performance management techniques and processes, with limited success.

Stuart previously provided regular training and coaching for Business Networking International (BNI) teaching business people how to grow their business through referrals and networking. In 2007 he was invited by the founder of BNI, Dr Ivan Missner, to contribute an essay which was published in his bestselling book titled "Masters of Sales".

As a therapist or coach Stuart applies a combination of depth psychotherapy and everyday coping strategies, helping people make sense of complex experiences and teaching them the skills to take control of their lives again.

Qualifications include a Bachelor of Applied Social Science, Diploma of HR Management, Principal Master Mental Health First Aid Trainer and a Certificate IV Training and Assessment. Currently completing a Masters in Counselling