

# SIMONETTE VAJA

Senior Consultant Psychologist MAPsS

AHPRA board approved Supervisor

## PROFESSIONAL RESUME 2023

### 1. EXPERIENCE: CORPORATE, GOVERNMENT, COMMUNITY HEALTH AND LEGAL

Senior Consultant Psychologist with Corporate Health Services providing high level National program delivery. Resilience, Vicarious Trauma, Optimal Habits, Collaborative teams, and Psychosocial risk. Delivering to high achieving, high performing workplaces, including legal firms: Clayton Utz, Herbert Smith Freehills, Allens, and consulting firms KMPG, Ernest and Young, Deloitte.

In 2019, I consulted to public and private health providers; Sydney Adventist Hospital and Allied health leaders to tailor a program to improve the culture within the Allied Health team. I developed and delivered three training modules on building collaboration and engagement for resilience with the team of Allied health professionals. In addition, I provided individual coaching to specific leaders.

I develop authentic long-term relationships with colleagues and stakeholders and value these connections. I have been employed as a senior consultant psychologist with Converge International as their **subject matter expert** in the field of Workplace psychology, mental health, trauma informed care, vicarious and empathy fatigue. Writing tenders and winning these. I had contributed to a submission for online wellbeing programs for aged care workers with ACT health. I have recognition from Australian National University in Canberra consulting with ACT Health at End-of-life care for government funding submissions.

I am particularly interested and experienced in psychosocial risk frameworks and the complexity involved in providing ongoing implementation and real time evaluation of effective evidence-based wellbeing programs. My interest in Mindfulness and Compassion research and application to workplaces that serve and care for others. With my experience working across all levels of EAP, Critical Incident, training and development, and my recent involvement with providing wellbeing checks to Covid-19 contract tracing team, nurses and ministry of health NSW and NSW Police, I am passionate about wellbeing programs embedded into the workplace.

### 2023 Wellbeing Manager the Law Society of NSW

#### Duties include.

- Planning, development, and management of the Law Society's suite of mental health and wellbeing services, ensuring that all offerings are coordinated and delivered consistently to meet the needs of the legal profession and the organisation's wider strategic objectives.
- Identifying new opportunities for the Society to improve its support of legal practitioners' wellbeing and developing solutions to effectively provide this support at both an individual and workplace level, this will include the development of policies,

frameworks and resources for external (i.e., law practices, corporate bodies, government departments, etc) and internal (staff, work departments etc) stakeholders.

- Play a key role in creating content for and delivery of the Society's series of mental health and wellbeing seminars and training workshops, including necessary interaction with the events, continuing professional development and communications teams.
- Where required assist and support the Society's regulatory and practice support functions in relation to practitioner mental health and wellbeing issues.
- Manage the Society's solicitor counselling service (Solicitor Outreach Service), including close liaison with the external psychology provider and the provision of regular management reporting on service usage and trends.
- Promote the Society as a mental health and wellbeing thought leader within the legal profession, including where appropriate representation at events, key meetings and other forums related to these issues.
- Monitor and remain knowledgeable on current industry research, trends, the output of similar organisations and other issues affecting the legal profession with respect to mental health and wellbeing, including areas that are unique to specific segments of the profession itself.
- Provide subject-matter expert knowledge, input and feedback where required to various stakeholders within the Society, including but not limited to the Council, CEO, and communications team, ensuring the organisation's content, services and public position remains contemporary and relevant to the legal industry's needs.

### **2019 – 2023 – Pandemic Telehealth BUPA ADF**

During the two years of pandemic, I moved back to clinical work providing telehealth through BUPA referrals and Telehealth and zoom video mental health provider to Assure Programs an EAP and Critical incident organisation.

### **2019-2020 Senior Consultant Psychologist – Centre for Corporate Health**

Corporate Mental Health facilitator and trainer – Mental health and Wellbeing programs

- Commonwealth bank -senior executives and managers
- NAB – National and regional delivery to all employees and Managers: Resilience strategies for self and clients effected by fire and drought. Peer support programs
- Ernest and Young – Resilience and Mindfulness mental health programs
- Clayton Utz and other Legal and Banking organisations – delivery Mental health programs

### **2019 Senior Consulting psychologist – Converge International**

Organisational Development and Subject matter expert, scoping and designing corporate training programs.

Delivering mental health and Peer Support programs - resilience self-care programs to workplace teams, corporate and government agencies. Critical Incident and EAP psychological services. General EAP support including, Manager assist and Executive coaching Transport.

- Subject Matter reporting to National Consulting Converge International

Employee Assistance programs, Consulting and Training. Reporting to Director. Full time employee. End to end scoping, writing tenders and quotes for training. Developing and writing bespoke mental health and wellbeing training programs. Vicarious Trauma and Compassion Fatigue programs for Health industry and Education.

### **2018 – Work Happy – Boutique EAP Provider**

#### **Clinical Services Manager/Account Manager/Professional Training programs**

Reporting to CEO Boutique EAP National Provider

- My role included Operational and clinical governance duties.
- Updating professional policies for EAP, Critical incident, and psycho-educational programs.
- Providing fortnightly group supervision to psychologists, counsellors, mental health providers located in regional and major cities.
- responsible for the recruitment, selection, induction, supervision, and performance management of clinical employees to ensure their ability to meet service delivery requirements.
- Securing contracts and agreements with providers of services to clients
- Account manager hybrid role.
- Managing stakeholder requirements, maintaining reporting and relationships

### **2016 – Principal Psychologist and Client Relationships Manager at Drake WorkWise.**

Conducting day to day EAP and clinical governance, monthly supervision for a team of Psychologists and Counsellors across Australia, who provide EAP and Organisational training and development programs.

Updating and developing new workplace training modules – Effective Change; Manager mental health awareness; Parenting; Ageing parents.

Involved with relationship management with clients, including scoping consulting directly for more than 25 major clients with CRM and ongoing reporting services.

Presenting mental health and wellbeing programs to diverse organisations and Industries such as Coal, and Engineering; Beauty and Retail, Disability sector and Security agencies.

Group Facilitator and Corporate Trainer – with over 20 years-experience as a workplace and community-based facilitator

Delivering to small and large groups of employees – face to face and zoom online application Executive/Manager and team leader coaching sessions.

**2003 Ongoing private consulting practice** – Allied Health Professional referral GP consulting from Avalon Medical Centre – Dr. Lorna Scott and Lawson Medical Centre – Lawson Dr. Chan. Mental Health Professional and Trauma informed EMDR and CBT, Creative Arts, provider

**2000 Davidson Trahaire Corpsych (now Benestar) - Principal Psychologist EAP, Critical Incident and Corporate trainer and team facilitator - 2010 and 2016 Beyond Blue accredited workplace trainer – 5 years experience**

Presenting Beyond Blue workplace mental health training and DTC wellbeing seminars to DTC's client list, large organisations, and government agencies. DTC contractor including group facilitator, psycho education and coaching to CEO, executive and HR managers: Seminars and courses include:

- Grief and Traumatic incidences
- First responders Fire fighters, Ambulance Paramedics
- NAB, HSBC - performance and wellbeing seminars.
- Avant medical legal
- Royal Australasian college of physicians
- Australian Dentist Association
- Australian Broadcasting ABC
- Optus - managers and team leaders
- DIAC - Villawood detention centre
- Qantas – Senior executives and senior HR managers – Advisor and presenter of Resilience training and self-care strategies, mental health programs in the workplace.

## **2. CURRICULUM VITEA – University and Post Graduate qualifications.**

- Bachelor of Arts degree with a double major in Psychology: Organisational Psychology and Counselling, Swinburne University of Technology Melbourne
- Master of Arts (Research, Sydney University)
- Post Graduate Diploma of Clinical Hypnosis - 2 years accredited by the Australian Society of Hypnosis, (ASH) and Australian Psychological Society.
- Certificate of Advanced treatment in E.M.D.R. Dr. Shapiro USA treatment for PTSD War Vietnam Veterans.
- Macquarie University, Unit for Rehabilitation studies - Disabilities school of Education Training techniques for community living programs: Supervisor Ms Cecilia Gray
- PhD. Fellow (ANU) 'Compassionate Health Care – End Of life care providers" Measuring the effectiveness of a novel "Mind-Health structured supervision practice". Withdrew due to Pandemic lockdowns.
- Acceptance Commitment Therapy: training with John P. Forsyth PhD University at Albany, Suny, New York. Presented Sydney.
- Beyond Blue – workplace awareness mental health – Facilitator training and approval to run HR, Manager awareness, Senior executives, and all workers.
- Mindfulness and Compassion Meditation Teacher - Insight Meditation Institute Australia 2 year program during Pandemic.
- Master in reflective supervision for continuing AHPRA board approval. Geoff Dawson.
- Renewal: Master class for Certificate in Reflective Supervision in practice Dr. Daphne Hewson
- Mental Health First Aide – Instructor Licenced – Workplace & Legal Professionals

- ISO 45003 Psychosocial Health and Safety at work. Foundation course (International Standards).

### **3. PROFESSIONAL MEMBERSHIPS and ONGOING ACCREDITATION**

- AHPRA Psychologist registration # 0001136639
- Member of the Australian Psychological Society 014427
- Affiliate Member Organisational Psychology Board
- Registered Mental Health Allied Health provider – Medicare
- PsychBA: AHPRA Board Approved Principal supervisor
- Work-cover accreditation – approved provider
- Current Police check clearance
- Working with Children check certificate WWC0013433E
- Approved provider Australian Defence Force – BUPA