

Simonette Vaja

Wellbeing Manager, Law Society of NSW

Simonette is a registered psychologist and AHPRA board approved supervisor, who holds a Master of Arts (Psychology) from the University of Sydney, a Diploma of Clinical Hypnosis, specialist training in trauma informed E.M.D.R., Diploma compassion and mindfulness teacher. She has three decades of consulting and clinical experience specific to mental health and wellbeing, critical incident support and training delivery, across a varied range of industries and corporate organisations, including: Law, In House consultants, Government agencies; NSW and ACT Health; Family and Community Services, Welfare, Finance, Insurance, Mining, Police, Australian Defence Force and Front-line emergency workers.

Simonette is responsible for overseeing the Law Society's suite of Mental Health and Wellbeing programs, including contributing to strategy, policies, initiatives, training, and presentations. Available as a subject matter expert, delivering mental health and wellbeing webinars and mental health first aide training.

With a passion for exploring the NSW coastal beaches, and long walks in the Blue Mountains, her self-care includes daily walks with her border collie, ocean swimming, regular weekend getaways. Simonette believes resilience grows from adversity and surviving transitions, we can benefit greatly when we share our lived experiences, our common humanity. The imperfect fulfilled life.



THE LAW SOCIETY
OF NEW SOUTH WALES