

**Rachel Setti MSc Occupational Psych., M. Psychotherapy.**

**Registered Organisational Psychologist, Psychotherapist, Facilitator, Coach**

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## Overview

Rachel Setti is a registered organisational psychologist, psychotherapist, facilitator, and coach. She has masters qualifications in both Organisational Psychology and Psychotherapy and brings a unique combination of these two disciplines into her coaching, team development, and facilitation practices. A member of both the Australian and British Psychological Societies, Rachel has trained globally in Australia, Europe and the Middle East and has worked across a breadth of sectors such as professional services, government departments, large financial institutions, and industry.

Experienced in working with a diverse range of stakeholders, Rachel draws on 20 years of experience in the wellbeing industry to develop strategic overviews, tactical plans, quality services and seamless delivery. Her particular areas of passion include group facilitation, leadership and wellness coaching, and team development. Her approach is to partner with her stakeholders to understand their needs, uncover systemic issues and develop multi-pronged organisational solutions. She oversees end-to-end programs by integrating organisational, team and individual requirements to achieve well embedded, productive and sustainable change.

## Memberships and Titles

- AHPRA endorsed Organisational Psychologist (NSW)
- Member of the Australian Psychological Society (MAPS)
- Fellow of the College of Organisational Psychology (APS)
- AHPRA endorsed Principal & Secondary supervisor to provisional psychologists
- Affiliate Fellow of the British Psychological Society (AfBPS's)
- Chartered Occupational Psychologist (UK)

## Qualifications

- **Masters in Counselling and Applied Psychotherapy (MCAP).** JNI, Sydney
- **Accredited Executive coach.** Institute of Executive Coaching and Leadership, Sydney
- **MSc in Occupational Psychology.** University of Hertfordshire, UK
- **BSc (Hons) Psychology and Sociology.** Bar Ilan University, Israel

## Areas of Expertise

- Executive/leadership development
- Training development, delivery & evaluation
- Wellbeing coaching
- Mental health & wellbeing strategies at work
- Change management
- Team development
- Resilience, stress management and self-care
- Effective communication and influencing
- Peer support programs
- Work-life Integration (inc. working parents)
- Workplace bullying
- Managing impact of trauma & domestic violence
- Mindfulness
- Qualified user of OPQ, MBTI, 16PF, Wave, & DiSC