

Executive Coaching Profile.

Samantha Young.

Chief Executive Officer.



"As a leader, you have the huge privilege to either improve the world or worsen it. And, whether or not you consciously choose to, you will accomplish one or the other".

About.

I am Chief Executive Officer of Human Psychology, one of Adelaide's largest psychological service providers. We are now a proud affiliate of global Human Service entity APM Group.

I am a strategic leader/thinker and trained Psychologist. I hold Bachelor and Postgraduate qualifications in business and psychology, including a master's degree in Clinical Psychology and an MBA from Melbourne University.

Experience.

Leaders (by title or spirit) who want to become the best version of themselves. I have worked as a Consultant with Boston Consulting Group, as Sales & Marketing Manager for The Body Shop and Strategy Manager for Myer GraceBros. I now work with executives across a diversity of areas:

- Career enhancement and operational/technical skills development.
- Strengths/competencies identification and professional development planning.
- Management of difficult organisational issues.
- Building personal effectiveness/efficiency & bolstering wellbeing, resilience, and self-care.

I have provided this support to the private and non-government sector and to leaders in influential roles. Recent work has been done with Safe Work SA, CEOs of numerous private organisations, Department Premier & Cabinet, Department Trade & Investment, Department for Education, Department Correctional Services and Department of Treasury and Finance.

Expertise.

I bring a unique combination of senior management and commercial experience, psychological intervention skills and Masters-level formal education to my clinical, training, coaching, and consulting work. I have designed and delivered training for over twenty years and I'm a sought-after keynote speaker, facilitator, and executive coach.

Approach.

I tailor my coaching approach entirely to the individual leader as I do not believe in "cookie cutter" one size fits all approaches. I partner with my clients to define desired outcomes and aim to be an honest and constructive sounding board and mirror to leverage strengths, stretch what is possible and holistically support with tools, strategies, and the right questions.

Outcomes.

- Enhanced self-awareness and insight with a clear picture of strengths and developmental opportunities and a tailored plan to achieve realistic change.
- A supportive reality check and cheerleader for aspirations for improvement and change.
- Achievement of tailored goals to improve wellbeing, productivity, and leadership skills.