

## FACILITATOR PROFILE

# Anna Glynn



Anna Glynn is a speaker, educator and coach on workplace wellbeing.

Anna sees her key role as translating research from the science of wellbeing (and beyond) into evidence-backed relatable strategies for organizations to enable their people and performance to thrive. Anna's mission is to create workplaces where people can be at their best each day and are better off. Having worked there for a decade in the financial services industry including leading national sales teams, Anna understands what it's like to manage people and be responsible for driving growth in the workplace. It was during her time in management that Anna started to implement what she was learning from her studies and saw the positive impacts on her team first-hand. So she has walked what she talks.

In her practice, Anna has worked with schools, not-for-profits, both private and public organizations across a range of industries both in Australia and overseas. She also teaches students at the University of Melbourne's Centre for Wellbeing Science. Additionally, Anna is an expert content collaborator and advisory board member for Hodie, which teaches young people the human skills needed to survive in the workplace. Anna has been interviewed for podcasts and radio, and writes a regular blog called "For What It's Worth" and has been invited to guest blog for a number of companies.

Anna loves the work she does and finds nothing more rewarding than watching her clients learn, grow and thrive.



*Anna has the great ability to take complicated concepts and distil them down into 'real world' understanding. Her genuine care for the people that she teaches and the subject matter really shines through. If you are committed to continual personal learning, Anna has a lot to teach you.*

CEO

Tibeca Financial

 <https://www.linkedin.com/in/anna-glynn-mapp-0797b639>



### EDUCATION

Bachelor of Arts / Bachelor of Commerce

Professional Certificate in Positive Psychology

Masters of Applied Positive Psychology



### EXPERIENCE

Extensive corporate experience in the financial services industry leading national sales teams.

Experienced speaker, facilitator and coach



### ACCREDITATIONS

Strengths Profile

Organisational Coach (IECL)

Mental Health First Aid



### MEMBERSHIPS & LICENCES

International Positive Psychology Association

## SOME OF THE COMPANIES ANNA HAS HELPED

