Committed to helping leaders and their teams to show up authentically and connect, Jo unlocks people’s potential and performance by improving their levels of hope, self-efficacy, resilience and optimism – or what researchers describe as ‘psychological capital’.

Fusing her 30 years of consulting and learning and development experience in workplaces of all sizes and backgrounds with a Masters of Applied Positive Psychology from Melbourne University, Jo activates and amplifies your training results by tailoring her approach to meet the unique needs of your organization. After all, creating learning experiences that shift mindsets and behaviors across a system is wired within Jo’s DNA.

A master of bespoke design, thought provoking and candid facilitation, Jo teaches leaders and their teams how to have appreciative coaching conversations that leverage people’s strengths, develop more meaningful and productive relationships, and create opportunities for themselves and others to flourish.

She particularly loves that ‘a-ha’ moment when people see each other as “an infinite source of possibility” rather than “problems to be fixed”.

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