

FACILITATOR PROFILE

Jo Murray



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".



I am glad I attended. Jo Murray was very engaging and one of the best facilitators.

PARTICIPANT
Toll Group

You've always been so generous in your concern for my development and wellbeing.

So important to have that as a first time CEO. It's been an absolute privilege to have taken the seven-year journey alongside you.

CEO
ECMS



<https://www.linkedin.com/in/jo-murray-90478016>



EDUCATION

Master's in Applied Positive Psychology

Masters of Business
(Performance Management thesis)

Bachelor of Arts

Graduate Diploma in Business (majoring in Organisational Development)

Certificate IV in Business Coaching



EXPERIENCE

30 years of business and consulting experience with groups at all levels, in all industries and large, medium and small workplaces.

Board directorships for over 10 years



ACCREDITATIONS

MBTI™

DiSC®

TMS instruments

SPQ Gold™



MEMBERSHIPS & LICENCES

Chartered Member of the Australian Human Resources Institute

Member of the Australian Institute of Company Directors

SOME OF THE COMPANIES JO HAS HELPED

