

FACILITATOR PROFILE

Charlotte Jameson



Charlotte Jameson is a Wellbeing and Mindfulness Practitioner, Coach and Culture Change Specialist. Charlotte is an outstanding facilitator of groups with the ability to connect with participants, create a safe and fun environment and expertly read the room and adjust her facilitation style as needed. With over 15 years of experience in applying evidence-based mindfulness, positive organizational scholarship and positive psychology practices, Charlotte skilfully equips people and organisations with the means to meet personal and business objectives, despite what this modern-day world throws at them.

Charlotte believes every single person deserves the opportunity to be the best version of themselves and so shares her deep knowledge of wellbeing, resilience and behaviour change with others in a generous, engaging and highly accessible manner. Key to this success is her practical approach, insisting knowledge is only beneficial if you apply it.

Charlotte's professional experience has taken her all over Australia and globally at all levels of organisations in the public, private and education sectors. Using her warmth and gracious spirit, Charlotte has the ability to connect equally well with all levels of an organization be it executives, managers and/or frontline workers.



Charlotte brings a freshness and creativity to her work which results in people engaging with the content and embracing change. She is a captivating and brilliant facilitator. It is a delight to work with Charlotte.

**LEAD ADVISOR
STRATEGIC CHANGE**
Level Crossings Removal

 <https://www.linkedin.com/in/charlotte-jameson-60488216/>



EDUCATION

Bachelor of Arts
(Psychology)

Diploma of Positive
Psychology & Wellbeing

Cert IV – Life Coaching

Certificate – Sports
Counselling
Psychology



EXPERIENCE

Extensive combined executive, leadership and frontline experience, working predominantly within the heavy industry (including global and medium size businesses, private and government organisations), and within the education sector.

Experienced workshop facilitator, practitioner, coach and speaker.



ACCREDITATIONS

ACT Mindfulness

NLP Master

Mental Health First Aider

TAE



MEMBERSHIPS & LICENCES

International Positive Psychology Association

Australian HR Institute

SOME OF THE COMPANIES CHARLOTTE HAS HELPED

