



Practitioner Biography: Dr Karina Butera

QUALIFICATIONS

-  PhD – Sociology, Deakin University
-  BA (Hons) – Sociology (Philosophy & Gender Studies), Deakin University
-  Certificate IV: Life Coaching, Life Coaching Academy
-  Certificate IV: Workplace Assessment & Training
-  Certificate: Personnel Consulting
-  Certified Extended DISC™ Practitioner
-  Founding Member (and Founder/Managing Director): High Ideals
-  Member: Golden Key International Honour Society
-  Credentialed Coach: International Coach Federation
-  Affiliate Member: Australian & New Zealand Institute of Coaching

BACKGROUND








Karina has a professional background in recruitment, sales, industrial psychology and administration, and an academic background in sociology, philosophy, psychology, gender studies and creative writing. Her postgraduate studies have focused on the experience of gender, friendship and community, with her most recent project investigating the personal lives of Australian CEOs. As testament to Karina's commitment to excellence, she was nominated for the *Alfred Deakin Medal* for excellence due to her undergraduate results and she has been the recipient of several academic scholarships and postgraduate awards. Her articles has featured in popular, trades and business magazines and newspapers; her research has been published in academic journals both nationally and internationally. She also has been a contributing author for Deakin University's 'Love, Sex and Relationships' study materials and lectures and has presented several research papers at various universities and conferences across Australia and New Zealand.

The *Project Balance Wellbeing Program*, the *COPE™ Time Management Model* and the *Customer Service Excellence Series* were written and developed by Karina and illustrate the special blend of realism, humour and sensitivity she applies to her work. She enjoys presenting these programs, along with many others, to participants and is known for the professional, yet enthusiastic and fresh manner in which she shares her years of reading, observation and personal discovery with those keen to live effective, rewarding and enjoyable lives. Karina is also available to give key note presentations or run workshop that educate on issues regarding living a balanced life, gender dynamics in organisations, effective communication and assertiveness skills. She has worked one-on-one with executives as well as with teams, in small-medium businesses, in government departments, hospitals and essential services. She loves working with teams in building high levels of emotional and social intelligence to create exceptional levels of cohesion and effectiveness.

Karina's passion for social contribution and bringing out the very best in herself and others has been demonstrated through years of volunteer service, working with the elderly, domestic abuse survivors and other marginalized groups. She has been instrumental in founding groups such as PACT (a support network of in excess of 80 Melbourne postgraduates); the Australian Life Coaching Society (an organisation which brought together coaches from all over Australia to altruistically contribute to under-resourced communities); High Ideals (an association for those who wish to raise the bar in business practice) and has recently taken on the secretarial role with one of the Lighthouse Foundation's Committees in Melbourne.

SERVICES

Karina is available to provide the following services through Project Balance:

-  Executive Coaching
-  Life Coaching
-  Corporate Training and Presentations
-  Group Coaching
-  Team Building
-  Individual and Team Profiling (Extended DISC™)
-  Special Projects – Research and Assessment

BOOKINGS

To book this practitioner, please contact Julie Saunders, Business Manager or Gary Scholz, Managing Director, at Project Balance. (Unfortunately because Karina is in high demand, we cannot always guarantee availability).

Phone: 1 300 766 446

Mobile: 0404 465 449 (Julie); 0432 740 696 (Gary).

Email: julie@projectbalance.com.au; gary@projectbalance.com.au

ADDITIONAL INFORMATION

Publications by Dr Karina Butera

Mainstream Publications

'Women vs Women: Breaking down intra-gender workplace conflict', *Working Women Magazine*, Summer Edn 2008/9, pp. 8-9.

'Breaking down intra-gender workplace conflict', *Australian Corporate Wellbeing*, Summer Edn 2008/9, pp. 38-41.

'The Impact of Workplace Friendships on Corporate Health', *Australian Corporate Wellbeing*, Spring Edn 2008, pp. 33-37.

'Timely techniques for the time-poor', *OPM Practice*, August 2008, p. 8.

'Exploring the Entrepreneurial Option for Sociologists', *Nexus*, 20(2), 2008, pp 12-13.

'Tame your time', *Kanu Culture*, 13, 2006.

'Happy New Year! Now what have you done with it?' *Kanu Culture*, 12, 2006.

'Higher Degrees to our Higher Purposes', *Nexus*, 15(3), 2003, pp. 15-16.

'Trust our Teenagers', *Herald Sun*, 19 September 2003, p. 21.

Courses and Workshops

The COPE® Time Management Program (2005) - A template for (2 hour-1 day) time management workshops.

Customer Service Excellence (2004) - A half day workshop to increase competency in communication, negotiation and dependability in customer relations.

The Project Balance Wellbeing Program (2003) - A 12 module interactive personal development course and handbook.

Academic Publications & Conference Papers

'Friendship', *Love, Sex & Relationships: Study Guide*, 2009, Melbourne: Deakin University.

'Women's Work: Maintaining a Healthy Body Weight', *Appetite*, 53 (1), August 2009, pp. 9-15 (co-authored with: N. Welch, W. Hunter, K. Willis, V. Cleland, D. Crawford & K. Bell).

The Presentation of Gendered Selves in Everyday Friendship, 2008, (Doctoral Thesis) Deakin University.

'Neo-mateship in the 21st century: Changes to the performance of Australian masculinity', *Journal of Sociology*, 2008, 44(3), pp. 265-281.

'"I'll pass you to the social secretary": Gender roles in household friendship management' (refereed conference paper) *TASA/SAANZ conference*, Auckland: Auckland University, December 2007. **Awarded postgraduate scholarship.**

'Manhunt: The challenge of enticing men to participate in research on friendship', *Qualitative Inquiry*, 2006, 12(6), pp. 1262-1282.

'The disappearance of mateship in the 21st century' (general conference paper), *Mateship: Trust and Exclusion in Australian History*, February 2006, Melbourne: Monash University.

'Manhunt: The challenge of enticing men to participate in research on friendship', (general conference paper) *TASA conference*, December 2004, Beechworth: La Trobe University.