











## Practitioner Biography: Anna Meirelles



### QUALIFICATIONS

-  BA. (Hons)- Psychology (Emotional Intelligence, personality & job satisfaction) - Swinburne University
-  Dip. Ed. - Deakin University
-  B.Ed – Deakin University
-  Certificate in Positive Psychology – University of Pennsylvania
-  Certified in Genos EI assessment tool
-  Certified Genos EI Coach
-  Certified MBTI practitioner
-  Certified DiSC practitioner

### BACKGROUND

Anna Meirelles is a trainer, facilitator and coach with over 20 years experience working in education, counselling, coaching and business development.

Anna's experience includes designing and implementing workshops on leadership skills, Emotional Intelligence, resilience, stress management, team effectiveness, MBTI personality preferences, DiSC behavioural preferences, coaching skills for managers, personal effectiveness, managing difficult conversations, change management and strategies for maximizing happiness. Coaching individuals to improve their ability to lead others, to develop their interpersonal skills, to improve their personal effectiveness and to improve their workplace performance and wellbeing.






Anna has conducted workshops and coached individuals for Financial and Legal Services, Hospitals, Department of Justice and Local Government, Independent schools, Aged Care and Not For Profit.

Anna has a Bachelor of Arts with Honours in Psychology (her thesis examined Emotional Intelligence, personality and job satisfaction), a major in Psychology and Italian, a Diploma of Education and a Bachelor of Education. Anna is a graduate of the University of Pennsylvania course in Positive Psychology.

Anna taught for 10 years before returning to complete her education in psychology. She has worked in business development, training and coaching for the past 10 years.

## SERVICES

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

-  Executive Coaching
-  Life Coaching
-  Corporate Training and Presentations
-  Group Coaching
-  Team Building

## BOOKINGS

To book this practitioner, please contact Julie Saunders, Business Manager or Gary Scholz, Managing Director, at Project Balance.

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