











Practitioner Biography: Christine McRae



QUALIFICATIONS

-  Accredited Practitioner of Life Coaching – The Coaching Institute, Australia
-  Accredited Practitioner Neuro Linguistic Programming
-  Accredited Practitioner Neuro Linguistic Repatterning
-  Accredited Results and Performance Coach
-  Graduate Platform & Presentation Skills Training
-  Accredited Workplace Trainer and Assessor – Martin College
-  Certificate in Business Management - Charles Sturt University, NSW
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BACKGROUND

Christine McRae is an experienced life coach specialising in supporting and mentoring women whose partners are affected by depression. The strategies Christine uses in coaching her clients are all centred around resilience education that trains these women to adapt and recover quickly from the extremely stressful, unpredictable and life changing situation that they are required to manage.

Christine works with her clients to increase their resilience within this emotionally charged, changeable environment by assisting her clients to recognise unconstructive behaviours, actions and ways of thinking. Her clients are trained to choose empowering behaviours and communication styles that assist them adjust to the ever present challenges they face, adopt flexible dispositions and to be skilful in handling the tough, touchy issues within their relationship.

As a flow-on from this specialised coaching, Christine also provides relationship coaching for individuals and couples to assist them build harmony, balance and fulfilment into their relationships.




Christine has been recognised as a “thought leader” in her specialised area of resilience coaching by the Behavioural Health Central (BHC) organisation in the United States. BHC is the premiere news, resource and online community in the USA for mental and behavioural issues. Christine is currently writing for the *Professional Perspective* section of this website a monthly article on her unique resilience coaching.

Christine has also been involved with training groups of office professionals who support senior leaders in organisations. Her training has focussed on improving their ability to manage stressful, unexpected and often confrontational situations and to maintain a sense of poise and healthy attitude

regardless of their circumstances. She has lead teams of office professionals with the development of their Code of Ethics, focussing on behavioural and communication benchmarks, effective and responsible resolving of conflicts and the professional approach to addressing problems rather than avoiding them.

SERVICES

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

-  Coaching informed Facilitation and Training
-  Keynote Speaking
-  Special Projects - self-leadership; capability and organisational development; results and performance coaching; effectively managing depression in the work place.

BOOKINGS

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

Phone: 1 300 766 446

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

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