

JULIE SIM

EXECUTIVE & LEADERSHIP COACH

Julie works as a psychologist and executive coach supporting leaders in the public and private sectors.



QUALIFICATIONS

- ▶ Masters of Business Administration – Executive
- ▶ Bachelor of Arts (Hons)
- ▶ Certificate IV in Assessment and Workplace Training
- ▶ Certificate of Teaching

AFFILIATIONS

- ▶ Registered Psychologist – Psychology Board of Australia

EXPERIENCE

Julie trained initially as a secondary teacher and went on to become a psychologist. Early on in her career, she pioneered the establishment of the Employee Assistance Service within the Queensland Public Service. This involved the delivery of individual and group support services to administrators, professionals and leaders.

Julie now works as an independent psychologist and executive coach. Her coaching work serves clients in leadership and professional roles across the Queensland Public Service and many private sector businesses. The span of her work is very broad and includes building resiliency for individuals in times of change, conflict consulting and mediation, critical incident management and a wide range of leadership development issues.

Julie's coaching philosophy encapsulates positive psychology, neuroscience, mindfulness, resilience and stress tolerance. In her coaching practice she aims to:

- Explore, clarify and align with what the client wants to achieve;
- Give clients the responsibility and accountability for their personal and professional growth i.e. 'writing your own script for success';
- Build the 'muscle' of the mind by learning to centre the self in moments of calm to be better prepared to perform and focus on turbulent periods;
- Draw on the individual's wisdom, insight and creativity to facilitate learning, resolve problems and attend to formidable situations;
- Challenge individuals to look beneath and beyond the current issues to identify what is "hidden" as well as what is apparent;
- Unlock assumptions; discover patterns of behaviour and impasses, as well as looking at broader perspectives which impact on the issues.

When working with her clients, Julie models an attitude of openness, curiosity and inquiry. She supports her clients to integrate their self-reflection, learning and signature strengths to create and enact their own leadership journey.

Get in touch

info@atmybest.com.au
1300 099 938