

MEREDITH FULLER

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Psychologist, Careers & Personal Counsellor, Author, Consultant

- ◆ Career Change Development
- ◆ Performance Revitalisation
- ◆ Personal Therapy & Counselling

*Recognised Specialist in theory & practice.
Creative and Empathic.*

- ◆ Master's degree in Vocational Counselling ◆ Member - APS College of Counselling Psychologists
- ◆ Life Member AusAPT Aust Association for Psychological Type
- ◆ A Media Spokesperson for the Australian Psychological Society

PROFILE

Qualifications: BA (Monash), Grad Dip Voc Couns (RMIT), Master of Soc Sci (RMIT), member APS College of Counselling Psychologists, Life member AusAPT, member FAW, MAPS

A specialist in vocational behaviour and careers counselling for over 28 years, she has also been a sessional lecturer and thesis examiner in post-graduate psychology at RMIT University, University of Melbourne Hawthorn Campus, Swinburne University, and Deakin University for over 15 years. Meredith has been a keynote speaker and workshop facilitator at a number of conferences for over 20 years. She has consulted to numerous organisations including:

Education Sector – University of Melbourne Women in Leadership Development external consultant for over 10 years; Australian Council for Educational Research (ACER) Co-designer and deliverer of initial MBTI Accreditation Training 3 years ; Monash University – Staff Development course provider for 10 years, including the provision of Workplace 1V Training Certification, and external counsellor for RMIT University staff.

Private Sector - ANZ Bank, CBA Bank, ICAA (Institute of Chartered Accounting in Australia), Westpac Bank, Watermark Patent & Trade Attorneys, Clayton Utz; Deloitte; pharmaceutical companies including Amrad; Ericsson; BHP; Shell; Diners Club; Australian Association for Psychological Type (AusAPT); RACV; Telstra; Australian Human Resource Institute (AHRI) subcommittee member 1980 - 1990; and numerous professional associations.

Public Sector – Dept of Employment & Workplace Relations; Anglicare; Australia Post; Commonwealth Rehabilitation Services (CRS); State Trustees; Caraniche; NTEU; CPSU; Environment Protection Authority (EPA); Rural Counsellors of Australia.

Media -

- Psychological Profiler/Technical Adviser/Commentator (advising print media, film and television including **Channels 7, 9, 10, and ABC**)
- Columnist & commentator, **the AGE, Sunday Herald-Sun, Daily Telegraph, City Weekly, Good Health & Medicine, Financial Review**
- Regular Guest Early Morning Psychologist, **ABC Radio**
- MBTI Specialist and past Accreditation Trainer (ACER)
- Media adviser; coaching in presentation skills for public speaking, television and radio
- Author; texts, articles, chapters in non-fiction anthologies, journals, reviews

More recently, Meredith has focused on her one on one private practice; counselling and mentoring senior women in leadership positions, and seeing professionals with career & interpersonal difficulties.

Meredith has group and consulting experience including the assessment, development, selection and training of senior staff. She has worked on projects with a range of consulting firms, and also supervises professional colleagues.

Meredith has been in private practice for over 18 years. Formerly, she spent 12 years as team leader for the multi-campus Careers Counselling Service at (now) Deakin University, and before that role spent 2 years with the public service as an employment counsellor with the Youth Job Centre. She is experienced in 360° feedback and assessment centre methodologies for senior managers & professionals, and has assisted individuals and groups with career development, change, outplacement, and sea-change. She is qualified to use tools and instruments including SHL, TMI.

Meredith co-developed the first internet careers counselling service in Australia with Dr Selby Markham in 1991, in addition to creating a number of theoretical and practitioner certificate courses in vocational counselling for professionals. She has developed and delivered training sessions, seminars, courses and workshops to senior staff, and to public groups of up to 700 people.

As a columnist and author, Meredith has written extensively for the print media and professional association publications. Recently she has been a contributing author to Love@Work, a series of books for the Australian Institute of Management.

Meredith's qualifications include a Bachelor of Social Science Psychology & Sociology majors, (Monash), Graduate Diploma Vocational Counselling and Master of Social Science - Career Behaviour (RMIT), and is currently completing a Diploma of Professional Writing & Editing. She is a registered psychologist, MAPS, member APS College of Counselling Psychologists, Life member AusAPT, and member Fellowship of Australian Writers.