

# PERSONAL & PROFESSIONAL DEVELOPMENT

Mentally healthy workplaces are positive and productive, and get the best out of their people. During our executive and onsite health consultations, our doctors can clinically assess participants psychological wellbeing and discuss any issues that may arise. Participants are given the opportunity to speak with our medical staff about day-to-day life and the work stress and fatigue that often build up. One Life can provide in-house psychological services in a one-on-one strictly confidential setting.

One Life recognises that stress and depression are issues in the corporate workforce that require specialist intervention, which can be gained through our Personal & Professional Development program.

## Key Features

- One Life use objective, evidence-based screening approaches including:
  - DASS (Depression, Anxiety, Stress Scale)
  - K-10 (Kessler Psychological Distress Scale)
  - GP endorsed Mental Health Care Plan created in-house
  - Referral to in-house services
  - This program is subsidised by Medicare

## About the Psychologist

### Dr Lynsey Byrom: DCLinPsy, BA (Hons)

Member of the Australian Psychological Society, Member of the Australian Clinical Psychology Association, Member of the Association for Contextual Behavioral Science

Dr Byrom has particular interest in issues affecting corporate individuals including goal setting, confidence, management of stress and time, communication and assertiveness, mindfulness techniques, grief and loss and addressing disorders of sleep, mood and anxiety.

Dr Byrom is dedicated to delivering empathetic, individualised and professional services to clients. She has significant experience utilising various evidence-based approaches to enable her clients achieve their therapy goals. Sessions with Dr Byrom include two main areas of focus to create a life that is rich, full and meaningful:

- Teaching clients skills to handle difficult thoughts and feelings more effectively, so they have less impact and influence.
- Clarifying clients' values/principles and using this information to set goals and take action.



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