



Kate Wilkie

B Arts, MSc (Coaching Psychology)

Kate holds a Master of Science (Coaching Psychology) from the University of Sydney and is a Professional Member of the International Coach Federation (ICF), the International Positive Psychology Association (IPPA) and an Affiliate Member of the International Society for Coaching Psychology (ISCP). She is a certified Strengths Profile Practitioner accredited by the UK Centre for Applied Positive Psychology (CAPP) to assess and debrief individuals and also holds a license to use the Mental Toughness assessment MTQ48.

Kate's passion for Positive Psychology and Coaching Psychology flows from her career in Recruitment and Human Resource Management. For the last twenty years Kate has worked in and consulted across a wide range of industries and different sized businesses in the public, private and not for profit sectors, working with people at all stages of their life and career development. This experience has given her a strong appreciation for the diverse challenges and opportunities that each of us encounters; and our capacity to learn and adapt positively.

She currently provides leadership coaching and workshops to help individuals and organisations thrive – building resilience, boosting wellbeing and guiding positive action. Kate works closely with Dr Suzy Green as an Associate of the Positivity Institute to develop and deliver positive psychology programs for schools, corporations and individuals. Kate is also proud to be a Co-Founder of Flourishing Mothers, a boutique coaching consultancy established to help women thrive in work and life whilst positively managing the changes and challenges that motherhood brings.