



Kasey Lloyd

Coaching and Positive Psychologist

MSc App Pos Psych & Coach Psych, BPsych (Hons), MAPS

Kasey is a Coaching and Positive Psychologist with a keen interest in workplace wellbeing. Combining positive psychology practice and research with clinical skills developed during a successful career in the therapeutic space, Kasey's focus is enhancing employee wellbeing and engagement, building psychological safety, and creating opportunities for meaningful, sustainable growth in workplaces.

Kasey is also a coach and facilitator who assists her clients to set and strive for meaningful goals, to achieve positive outcomes, in areas relating to performance, resilience and personal wellbeing enhancement

Through workshops, consulting, and coaching Kasey skilfully combines humour, authenticity, and empathy to assist organisations to enable their leaders and employees to thrive both at work and in their private lives. Kasey wholeheartedly believes that the most valuable assets in any organisation are its people, and with experience in government, non-government, and private sectors, is well-placed to provide actionable, evidence-based strategies to improve wellbeing, boost engagement, and create positive relationships at work.

Kasey is engaged as a Senior Associate of The Positivity Institute, working closely with Dr Suzy Green on applied positive psychology and evidence-based coaching engagements in schools, the corporate sector and the community.