



STRENGTHS OPTIMIZER



Adiemus Seah

Qualifications

- Master of Applied Positive Psychology, The University of Melbourne (First Class Honours)
- Master in Grief and Palliative Care Counselling, The University of Adelaide (Golden Key Award)
- Graduate Diploma in Counselling, Tabor Adelaide
- Bachelor of Arts in Counselling, Tabor Adelaide
- Bachelor of Behavioural Science (Psychology), The Flinders University

Accreditations and Memberships

- Registered Counsellor (Level 4 - Highest Level) with Australian Counselling Association
- Gallup-Certified CliftonStrengths Coach
- Accredited Mental Health First Aid Instructor with Mental Health First Aid Australia
- Member of Supervisors, Australian Counselling Association

My name is Adiemus, and I am a registered counsellor, certified strengths coach, and accredited mental health first aid instructor. I have 20 years of experience helping individuals, teams and organisations to elevate performance, achieve goals, and enhance wellbeing. I am passionate about people and organisational development, and I have a gift to catalyst personal and group excellence.

I have worked in a range of university, hospital, non-profit, and private practice as a mental health clinician, wellbeing consultant, head of university counselling department, and director of a dental healthcare centre. Moreover, I am a Gallup certified CliftonStrengths coach where I empower people and organisations using strengths-based assessments and strategies for success. I also provide individual and group supervision, mentoring and critical incident debriefing.

I specialise in mental health, wellbeing science, work-life enrichment, work performance, CliftonStrengths assessment and strengths-based psychology coaching. I have also developed personalised training packages for leadership development, organisational wellbeing practices, team building, and mental health first aid training.

Besides, I am a producer of a YouTube Channel called '*Science UP Your Wellbeing*'. In this wellbeing series, I share cutting-edge research and applications in wellbeing and psychological science by interviewing experts and practitioners worldwide.

People describe me as warm, engaging, passionate and with a sense of humour. I am skilled in helping clients build resilience and navigate their challenges in creative and compassionate manners. I take an evidence-based counselling approach to integrate and adapt the therapeutic practices to my clients' unique needs. In summary, I find deep satisfaction, meaning and great joy in enabling people and organisations to thrive.

I look forward to connecting and getting to know you. Let's meet to discuss how we can partner together to create a preferred future for you, your team, and your organisation. You can reach me at adiemus@strengthsoptimizer.com, or Click here to **Connect** - <https://www.strengthsoptimizer.com/contact/>