



## Kell Tremayne - Consultant Profile

Kell is a successful graduate of psychology with dynamic experience in lecturing, tutoring, coordinating at University and as a consultant to private organisations in the area of time management, optimising performance, stress management, and effectiveness training. Kell's strengths are in the area of lecturing, facilitating elite performers in sport and business, in addition to experience in the coordination of large numbers of students. His experience in facilitating and coaching include: behavioural change, people development, effectiveness and efficiency, personal leadership and focused performance.

Currently Kell is a Unit Coordinator for 1200 students at the University of Western Sydney. He has responsibilities of coordinating, lecturing and tutoring psychology students. He has lectured in his field for over 20 years and regularly attends international conferences to enhance his teaching effectiveness, and guide his research interests.

A great deal of his experience has been working with elite and emerging athletes over the past 15 years. Using his education in sport psychology he has worked with teams and individuals including the Australian Olympic Women's Water polo Team, the NSW Institute of Sport and the AFL Players Association. As one of Australia's senior sport psychologists he has made contributions to scientific, regulatory and professional bodies. Kell also mentors young psychologists entering the field.

Not only does Kell have experience working in the University and with athletes and teams, he also has plenty of experience within the Private and Public Sectors. He has worked with many banking, finance and telecommunications companies as an efficiency/effectiveness consultant. He has coached both executives and teams to reach an overall goal. Kell has also delivered countless Leadership Development and Time Management courses as well as coaching for the Public Sector on behalf of Southern Cross Coaching & Development. These courses were run for various departments state-wide in Family and Community Services (FACS).

Kell is immensely experienced but also has many qualifications to support this. He has a PhD and Honours in Psychology, Certificate IV in Training and Assessment, Certificate III in Software support, Certificate II in Networking, Bachelor of Econometrics (Hons) and a Bachelor of Science in Genetics and Biochemistry.

Kell's dynamic experience is not only displayed through all of his academic feats and work experience but his passion for being around people and he has been especially involved in sport and volunteer work. He is currently a volunteer counsellor for Lifeline as well as a volunteer teacher of Surf Life Saving in his local area. Kell is often described as dynamic, holistic, empathetic, professional and caring.

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