

Buzzwords: Growth Mindset

Tuesday 18 July 2023 – 12.00pm – 2.00pm



Simonette Vaja

Wellbeing Manager, The Law Society of NSW

Simonette is a registered psychologist and AHPRA board-approved supervisor, who holds a Bachelor of Arts double major in psychology; Master of Arts (Psychology) from the University of Sydney, Post Graduate Diploma of Clinical Hypnosis, specialist training in trauma-informed E.M.D.R., Diploma compassion and mindfulness teacher with the Insight Meditation Institute. She has three decades of consulting and clinical experience specific to mental health and wellbeing, critical incident support, and training delivery, across a varied range of industries and corporate organisations, including Law, In House consultants, Government agencies; NSW and ACT

Health; Family and Community Services, Welfare, Finance, Insurance, Mining, Police, Australian Defence Force, and Front-line emergency workers.

Simonette is responsible for overseeing the Law Society's suite of Mental Health and Wellbeing programs, including contributing to strategy, policies, initiatives, training, and presentations. Available as a subject matter expert, delivering mental health and wellbeing webinars and mental health first aide training.

Being a keen explorer of the NSW coastal beaches, and the Blue Mountains, her self-care includes daily walks with her border collie, ocean swimming, and regular weekend getaways with family and friends. Simonette believes resilience grows from adversity and surviving transitions, we can benefit greatly when we share our lived experiences, and our common humanity. The imperfect fulfilled life.



THE LAW SOCIETY
OF NEW SOUTH WALES