



A W A K E N
p s y c h o l o g y

healing

through

growth



This article is about Michelle, our newest team member. Read on to find out more about Michelle.

And don't forget, our last article was about 'keeping your cool'. Click [here](#) to find out ways you can regulate your emotions.

Welcome! We're Grateful That You're Joining Our Team, Michelle

**By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)**

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

How exciting!! We've got a new face behind our reception desk on Thursday's. We'd like to welcome our newest team member, Michelle Owen. Michelle has started with us in an administrative role, and will be the friendly face that you see behind our reception desk, and the friendly voice at the end of the phone on Thursday's.

Michelle comes to us with a wealth of administration and life experience, and most importantly, a gentle, supportive and very professional nature.

We're more than excited to have Michelle as part of our team.

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Gleneig South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100

All About Michelle

Michelle was kind enough to answer a few questions about herself, so that you can get to know her too. Read on to find out more.



Awaken Psychology : Michelle, we're really excited that you've joined the Awaken Psychology team. How long have you been working in administration and with clients? And what sort of roles have you enjoyed the most?

Michelle : Thanks Amanda, I'm really excited too. I've worked in a variety of administration roles for over 25 years and have really enjoyed roles where I have been able to help make a positive difference to the lives of people.

Awaken Psychology : What attracted you to working at Awaken Psychology?

Michelle : Awaken Psychology is a business whose core passion is to help people and that is what attracted me to wanting to work for Amanda. Healing through growth resonates for me.

Awaken Psychology : What do you enjoy most about working with people?

Michelle : I enjoy meeting and communicating with different people, learning from their perspectives and experiences, working with them to help solve problems and to help make positive things happen.

Awaken Psychology : What would you say is your greatest strength?

Michelle : I am empathetic in nature but I think personal resilience is my greatest strength.

Awaken Psychology : While this has been all about work so far ... we'd like to know, what keeps you busy outside of work?

Michelle : Spending time with my husband, our three adult children and their partners, our miniature dachshund, coffee, food and wine dates with friends, our families, travel and exercise.

Awaken Psychology : What or who inspires you in life?

Michelle : Helping people inspires me in life. Also, each one of my closest friends are a true inspiration to me for many different reasons but mainly because they are values based people.

Awaken Psychology : And what are three things still left on your bucket list?

Michelle : I have a passion for travel and have been fortunate enough to experience travelling around some amazing places so far in my life both overseas and within Australia. I don't have a list because I started with an empty bucket and have been filling it with wonderful life experiences along the way. I'm a bit of a believer in "if whatever presents itself feels right" then that's what gets added to my bucket rather than be ticked off a list.

Awaken Psychology : Thanks for sharing some of you with us, Michelle. We're really looking forward to your contribution to our team. And we know that you'll be an invaluable part of our team. Welcome to Awaken Psychology!

And don't forget, if you, or someone you know would like help with their thoughts, feelings and behaviours, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Glenside South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100