



Mark Oostergo

General Manager & Principal Psychologist, Communicorp

Mark has a broad background beginning his career serving nearly a decade in the Australian Army as a Psychology Officer. This provided him the opportunity to provide individual, team, and organisational psychological intervention both in Australia and overseas on operations. During this time, Mark also had the privilege of working with Australia's elite special forces in human performance, selection, workplace mental health, and resilience. Mark concluded his career in the military as the

commander of a health centre with over a hundred staff across multiple allied health professions. He was awarded an Australian Defence Force Gold Commendation for his motivational and supportive leadership in this role.

Mark has also worked across industry in human factors, human performance, workplace mental health, and executive leadership development. He has extensive experience in selection protocols, organisational and occupational assessments, and providing practical psychological advice to senior executives. He has a passion for delivering tailored workplace interventions to promote positive mental health to create a flourishing work environment.

Mark has had the privilege of working with high performing individuals and teams in healthcare, elite sports, the corporate sector, police and emergency services, and large government departments. This has included NAB, QLD SERT, Charles Gardiner Hospital, Australia Post, CBA, and Defence Science and Technology Organisation. Mark has a strong passion for providing organisational interventions that aim to improve well-being and performance in the workplace. He takes a practical and applied approach to psychology and communicates it in a way that is easily accessible.

