

Staying Well in the Law: Optimal habits: Sustaining wellbeing in high performance culture

Wednesday 15 March 2023 – 12.30pm – 1.30pm



Rachel Clements

Co-Founder, Director of Psychological Services and Principal Organisational Psychologist, Centre for Corporate Health Pty Ltd and Resilia Pty Ltd

Rachel Clements is the co-Founder and Director of Psychological Services and Principal Organisational Psychologist at the Centre for Corporate Health Pty Ltd and Resilia Pty Ltd. The Centre for Corporate Health specialises in helping individuals and organisations increase emotional resilience, best manage mental health issues and reduce workplace stress. Resilia is a nationally accredited rehabilitation provider which specialises in the recovery of

employees who have experienced mental health issues at work.

Rachel has extensive experience working with Australia's leading law firms, government legal professionals as well as the NSW & QLD Law Society's.

Rachel specialises in providing consulting services to the legal profession and consults to staff from a variety of levels including graduate and senior business directors. Rachel has been instrumental in providing support to many legal staff when working on a variety of Royal Commission hearings.

Rachel is a key presenter at national and international conferences in the area of emotional resilience, workplace wellbeing, mental health and psychological injury. She is frequently asked for comment by media organisations to discuss areas such as workplace stress, resilience building, mental health, workplace relationships and leadership.

Rachel has a Bachelors degree in Science with Honours in Psychology from the Australian National University and a Masters degree in Organisational Psychology from the University of Western Australia. Rachel is a registered Psychologist with the NSW Psychology Board and is a member of the Australian Psychological Society and Specialist College of Organisational Psychologists. The Centre for Corporate Health (CFCH) works closely with R U OK? and for the last 11 years has sat on their think tank expert advisory committee. Rachel is also an expert on the friends of the Corporate Mental Health Alliance Association (CMHAA).



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