

CARLY GARNER

Organisational Consultant

Workplace Psychologist

BPsychSC, BSc(Hons) (Psychology) & BCCJ, AMAPS



COACHING PROFILE:

Diagnostic Tools:

Carly utilises a range of evidence-based questionnaires, personality, and style inventories, including the PAI, NEO, Self Directed Search (SDS), DiSC, Clifton Strengths Finder, and other strength-based surveys.

Coaching Style and Approach:

Carly is a dedicated workplace psychologist and organisational consultant, bringing a wealth of professional and client-focused expertise to enhance individual and organisational performance. By merging her psychological knowledge with practical consulting strategies, she creates tailored interventions that yield clear and effective outcomes for individuals and teams, empowering organisations to identify and mitigate risks, enhance employee engagement and well-being, and foster positive workplace culture.

Carly's approach to coaching is grounded in evidence-based psychological principles, integrating strengths-based and solution focussed strategies, cognitive behavioural techniques, and mindfulness practices. With experience in developmental coaching, Carly's focus is in supporting professionals navigate workplace challenges and psychosocial stressors, developing leadership capabilities and fostering growth, to encourage meaningful change, fulfilment, and enhance wellbeing in both their personal and professional endeavours.

Carly is recognised for her collaborative and client-centered approach, maintaining a strong commitment to professionalism, client care, and confidentiality principles.

Coaching Areas of Expertise:

Carly is experienced in the design, development and delivery of various appropriate intervention strategies and leadership developmental plans within a workplace setting.

Carly has provided coaching support in a range of focus areas including conflict resolution, organisational health and psychosocial risk, navigating changes in organisational direction, role suitability, targeted feedback and skills training (i.e., goal setting, emotional intelligence, communication), resilience building, self-care and wellbeing. Carly has supported leaders throughout the career lifecycle, with particular emphasis on early-career professional development, career progression, and late-career transitions to retirement.

Previous Coaching Assignments:

Carly has provided coaching and professional supervision services for clients within various public sector departments, a range of non-for-profit organisations, and frontline community service and support providers.

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