

Despina Sfakinos

Australian

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PERSONAL SUMMARY

I am a committed coach with many years of experience, currently seeking suitable opportunities to work in a coaching context. My passion is helping organizations and people excel. This passion is exemplified in my most recent endeavour - completing a PhD investigating the relationship between leadership performance/development, psychological wellbeing and self-awareness from a systems thinking (complexity theory) perspective.

Education

PhD, University of Sydney, Coaching Psychology Unit (Graduated in June 2013)

Graduate Diploma of Psychological Practice, College of Psychological Practice

Honours in Psychology (First Class), University of Adelaide

Bachelor of Arts (Major Psychology), University of Adelaide

Associate Diploma in Graphic Design, University of South Australia

Professional Qualifications

Registered Psychologist, Registration No PSY0001324391

Strengths

Extensive experience in executive and workplace coaching

Extensive knowledge on leadership development, psychological wellbeing, self-awareness and complexity theory

Excellent written and verbal communication skills

Excellent computer skills including Statistical Packages (e.g. SPSS), Excel, Word, Powerpoint

Accreditation

Cynefin Framework (complexity theory in the workplace)

Hogan Assessment Certification

Professional Memberships and Affiliations

International Coach Federation - membership and credential pending

Member of the Coaching Psychology Interest Group

Member Australian Psychological Society

Member, Women and Leadership Research Group (Business School, University of Sydney)

Presentations

"Measuring and developing self-awareness", 11th International Conference on Excellence and Innovation in Education: The Creativity – Innovation Challenge. Paris – France, July, 2014.

"What is the relationship between personality, self-awareness & leadership performance?" Australian Conference of Personality and Individual Differences. Sydney, November, 2009.

CAREER HISTORY

My work history spans a variety of contexts including coaching (executive and workplace), consulting, lecturing, teaching and tutoring.

Position: Discipline Head (Coaching Stream, Bachelor of Coaching)
Australian College of Applied Psychology

Period: February 2014 – current (part time)

Responsibilities: ~ Coordination of the Coaching Stream (e.g. course planning, course design and development, course delivery, selection of educational resources, assessment, students' learning outcomes and course evaluation).
~ Lecturing various bachelor level and masters level subjects.

Position: Consulting for Wyndham Resorts

Period: November 2011 – current

Responsibilities: ~ Leadership coaching of seven senior executives and managerial staff (ongoing).
~ Conducting leadership assessments of executives and providing feedback.
~ Change management advice.
~ Developing a customized survey and administering it throughout the organization, collecting and assessing the data, and presenting the findings.
~ Assessing sales performance and constructing a recruitment tool.

Position: Masters Level Teaching
Business Programs Unit, Business School at the University of Sydney

Period: July 2013 – current

Responsibilities: ~ Tutoring classes of Masters students in two subjects (Critical Thinking in Business and Succeeding in Business).
~ Preparing class content and materials.
~ Marking essays, business reports and exams.
~ Providing consultation to students on a one-to-one basis.

Position: Owner, Newtown Psychology
Period: July 2010 – current
Responsibilities: ~ Psychological treatment for a variety of mental health concerns (depression, anxiety, stress, weight management, anger management, relationship breakdown, substance abuse). Utilizing a variety of approaches e.g. Counselling, Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Mindfulness.
~ Writing reports to GPs and for the Courts.

Position: Tutor in the Psychology Department, University of Sydney
Summer School Lecturing First Year Psychology - Personality
Period: March 2006 – 2011
Responsibilities: ~ Tutoring 1st, 2nd and 3rd year psychology students.
~ Lecturing 1st year psychology summer school students over a two-year period.
~ Preparing class content and materials.
~ Marking essays and research reports.
~ Providing consultation to students on a one-to-one basis.

Position: Psychologist for Medibank (Contract: Victorian Mental Health Advice Line)
Period: November 2010 – November 2011
Responsibilities: ~ Providing assistance and advice regarding mental health on the telephone.
~ Service included crisis management.
~ Providing an immediate counselling response to people in crisis and/or to people experiencing anxiety.

Position: Job Capacity Assessor for Centrelink
Period: July 2008 – September 2010
Responsibilities: ~ Conducting job capacity assessments.
~ Conducting psychological assessments e.g. WAIS IV.
~ Writing reports.
~ Counselling, CBT, pain management training.

Position: Project Officer / Counsellor for Greek Welfare Centre
Period: August 2007 – July 2008
Responsibilities: ~ Overseeing an Illicit Drug Prevention and Early Intervention Program (duties included: conducting research; development of surveys; organizing and conducting student and community forums; organizing and chairing working party meetings; administrative duties).
~ Counselling and case work management.
~ Intake assessment.

Position: Self Employed - Coaching Japanese Business People
Period: 6 April 2001 – December 2005
Responsibilities: ~ Teaching English for business purposes.
~ Interpersonal skills development and raising awareness of cultural differences (particularly for working with people from Western cultures).
~ Counselling clients regarding their progress, discussing their goals and how to accomplish them.

Position: English Instructor for Universal Language Institute, Tokyo, Japan
(based at two private girls high schools - Konodai Girls Junior High School and Koran Girls Junior and Senior High School)
Period: March 2003 – December 2005
Responsibilities: ~ Working with the Japanese and native English speaking teachers.
~ Preparing class content and materials, marking homework and speeches.
~ Teaching English conversation to classes of about 20 students.
~ Preparing and marking end of term tests.
~ Recording grades and submitting evaluations.
~ Preparing and conducting homestay courses.

Position: Head Teacher at GEOS, Funabashi, Chiba, Japan
Period: 6 April 2001 – March 2003
Responsibilities: ~ Teaching English conversation to students ranging in ages from 5 to 65.
~ Counselling students regarding their progress, discussing their goals and how to accomplish them.
~ Acting as a primary link between the school and Head Office.
~ Interviewing potential new staff and training new teachers (teaching matters and organizational structures).
~ Assisting the manager with renewals, and interviewing prospective clients.
~ Leading the teachers' meetings.
~ Keeping paperwork up-to-date.