



POPPY GRIFFITHS

ASSOCIATE CONSULTANT



PROFESSIONAL EXPERIENCE

Poppy Griffiths is a neuroscience trained professional coach and speaker, and is Director and Founder of UnlimitU high performance consultancy, which passionately works with individuals and organisations to advance the career-life success of working parents, the personal and leadership development of women and the positive mental wellbeing of teams.

Poppy delivers coaching and workshop programs and is a regular keynote and high energy event speaker on high performance.

Over the last 15 years, Poppy has worked in senior strategic marketing and communications, and workplace wellness design. She has led diverse teams for global companies including Swisse Wellness and Qantas Group. Poppy has also worked in preventative mental health for the last decade, as a board member, strategic advisor, media spokesperson and corporate speaker. She is an ambassador for the R U OK organisation.

She holds qualifications in Psychology and Masters Business Management from The University of Melbourne and Monash Business School.

Poppy's greatest passion is building exceptional relationships and facilitating positive growth, to enable more people to achieve success and fulfilment in work and life.

Poppy specialises in:

- Facilitation and workshops
- Neuroscience brain-based coaching
- Leadership and career coaching
- Mental health and wellbeing
- High performing teams
- Keynote and event speaking
- Marketing, communications & eCommerce

PROFESSIONAL QUALIFICATIONS

- Masters in Business Management - Monash Business School, Monash University
- Bachelor of Science, Psychology, The University of Melbourne
- Bachelor of Arts, Global Development, The University of Melbourne,
- Psychology, Leiden University Netherlands
- Brain-Based Coaching Certificate - The Neuroleadership Institute
- Women Leaders, Australian Institute of Management
- Positive Intelligence Program, Positive Mindset

CONTACT

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