



Stefanie Poole

S P E A K E R & C O N S U L T A N T

about me

I have 20 plus years' experience with a diverse background in a variety of settings; clinical care, crisis assessment, education, consultancy, management and leadership roles within the public, community and non-for-profit sectors. I combine my professional and personal experience to offer a signature approach to my services.

portfolio

Stefanie Poole Speaker & Consultant

Specialising in mental health and addiction speaking engagements, consultation, training, education and support to families, professionals and organisations.

Mumma Bees & Co. Founder & Director

Global membership which provides birthing families access to education, resources, peer support, community, comradery and connection.
www.mummabeesandco.com

Kindred Clubhouse Inc. Founder & Manager

Kindred Clubhouse is a not-for-profit that offers a free peer support model in the Frankston Mornington Peninsula region for people wanting to improve, or maintain, their mental health through friendships and purpose.
www.kindredclubhouse.org.au



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3,029

services offered

Specialised mental health and addiction support to families, professionals and organisations

Professional consulting

Counselling for individuals and families

Speaking, workshops, training and facilitation



speaking topics

- Mental health and wellness
- Addiction treatment and recovery
- Mental wellness planning for individuals, families and professionals
- Mental fitness
- Dual diagnosis (mental health and addiction)
- Perinatal mental health
- Birth, fourth trimester and parenthood
- Building a lived experience workforce
- How to drive change with collective impact
- Lived experience in the healthcare field
- Collaborative care for health professionals
- Leadership and empowerment

contributions

Contributor: Peninsula Kids Magazine

Conference Presenter: Victorian Alcohol and Drug Association (VAADA) Conference

Podcast Guest

Enough Already: Episode 17 - The Mental wellness culture

The Science of Motherhood: Episode 15: Birth trauma, postnatal depression and OCD mental health experts are not immune

Finding Your Village (USA): Episode 13: Mental Wellness Plan



qualifications

- Master of Science in Mental Health Counselling (USA)
- Bachelor of Science in Counselling Psychology (USA)
- IPT-Level A Certified (Interpersonal Therapy)
- Certificate IV Training and Assessment
- Birth & Postpartum Doula



awards

Ausmumpreneur Awards

GOLD: National Award People's Choice-Making A Difference (Not for Profit, Social Enterprise)

SILVER: Judged- National Award NFP and Charity Organisations



contact details

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