



Introducing Stephen Kearney

Steve's passion is enabling people to achieve meaningful and effective change. From his experience as a psychologist and a leader, Steve understands the role work teams and leaders play in wellbeing and performance, and has seen the real benefits of providing team members and leaders with the skills to support those around them.

In both his facilitation and individual psychological support work Steve aims to translate theoretical and scientific insights into relevant and practical applications, anchored in the individual's workplace, lifestyle and context.

Steve's facilitation style is accessible and seeks to connect the training content with the participant's lived experience. In his coaching, Steve works with clients to connect with what matters to them, and draw on this to adapt to the challenges they face. Steve has a strong interest in men's mental health and wellbeing, and working with men to make meaningful changes.

During his 15 years' service as a psychologist in the New Zealand Defence Force, Steve's focus has been on enabling service members to be at their best in a range of demanding environments. This encompassed selecting people for roles that suited their disposition and talents; providing them with the psychological, interpersonal and leadership skills to perform at their best; and building effective teams. Specific roles included those with a focus on training design and delivery, youth development, and support to operationally deployed personnel. Steve also contributed to a number of international military projects, including research on interventions to improve individual performance and resilience. As a former Director of Defence Psychology, Steve has experience working with leaders at all organisational levels, as well as leading teams himself.

Steve is a registered Clinical Psychologist and Chartered Organisational Psychologist, and a graduate of the United States Marine Corps Command and Staff College.

DR STEPHEN KEARNEY

Registered Clinical Psychologist

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How can we help you?

Robust evidence from academic and business case studies link employee resilience and wellbeing with improved employee engagement, creativity and innovation, talent retention and organisational productivity.

In our experience we can also improve business productivity by strengthening the resilience and wellbeing of employees. We partner with our clients to design the most effective programmes and demonstrate improved business outcomes for them.