

**Sophie Trpcevski's** passion is to transform children and adults into successful, emotionally confident and inspirational leaders that are connected firstly with themselves and then to others. Her warm, friendly, open and fun approach will help you take control of your life instead of it taking control of you. Sophie will open your eyes to choices that you never thought possible. Challenging you to step up and reach your fullest potential in your role as a parent, partner, student, leader, team member and in life.

Her motto is "Believe, Do, Achieve". Believe in the dream and then do what it takes to achieve the results and celebrate your success.

Sophie has 20 years experience in the education system both, at Primary and Tertiary level. Sophie's has twelve years experience in the Health and Fitness Industry. Managing Gyms and working with a number of AFL clubs putting Aerobics on the map. As a PE teacher she has coached numerous teams and individuals to achieve their personal best at state and national level.

As an executive coach Sophie she has worked in the corporate sector for the past four years using Cognitive Behavioural Therapy and Neuro- Linguistic Programming (NLP) to fast track leaders of organisations to increase their performance and productivity, engage and build trust with their people to increase the bottom line of their business.

As a keynote speaker she is fun and interactive, covering a variety of topics to enhance better relationships, conflict minimisation, building self esteem, achieving success through goal setting and enhancing communication skills.

As director of Mindscollective, Sophie leads a team of dynamic coaches, all using the GENOS Model of Emotional Intelligence and is working very closely with Dr Karen Hansen and Dr Con Stough from the Brain Science Institute of Swinburne University (creators of the EI assessment tool for adolescence SUEIT) using the latest research and techniques to assist schools to develop EI awareness programs to reduce teacher stress and build resilience in low level EI students.

Using Emotional Intelligence, Sophie has developed Australia's first "Parenting- A Coach Approach", program assisting parents to connect their wisdom to their heart (IQ to EQ) providing them with the skills and knowledge to coach and support their children to become more emotionally aware of themselves and others. To be able to manage their emotions and behaviour to develop more connected loving relationships. Develop greater levels of self esteem, resilience, responsibility, problem solving, and overall well being and happiness.

