

# CAROLINE LEWIS OAM

## LIFE COACH & MENTOR

### QUALIFICATIONS

**ACT - Acceptance & Commitment Therapy**  
*Psychwire Accredited Course | current*

**Mental Health First Aid Certificate**  
*Mental Health First Aid Australia | 2021*

**Family Violence Foundations Certificate**  
*Domestic Violence Resource Centre Vic | 2021*

**'Love Bites' + 'Love Bites Jnr'**  
*Respectful Relationship Facilitator Training | 2018*

**Clean Language & Symbolic Modeling**  
*Online workshop Dynamic Coaching | 2018*

**The Enneagram**  
*Map & Territory Professional Certification Training*

**'Alcohol & Other Drugs'**  
*Drug & Alcohol Research & Training | 2017*

**Teen Wisdom Certified Life Coaching**  
*Teen WisdomTM Inc. | 2017*

**Diploma of Counselling**  
*Australian College Applied Psychology (ACAP) | 2014*

**'Working with Parents & Families'**  
*Professional Development People (PDP) | 2014*

**'Mad, Bad or Sad?' Mental Health & Adolescents Workshop**  
*Centre Community Welfare Training (CCWT) | 2014*

**'Coaching for Innovators'**  
*Certified Program ImagineNation | 2013-14*

**Institute of Company Director's Course,**  
*Australian Institute Company Directors (AICD) | 1990*

**DATEC Diploma of Visual Merchandising, Point of Sale & Exhibition Design**  
*College for the Distributive Trades UK (CDT) | 1983-1985*

### MAIN INTERESTS

- Nature & Hiking
- Cooking & Feeding Family & Friends
- Pilates & Tennis
- Photography & Travel
- Art & Architecture
- Culture & Cultures

### CONTACT

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Police Record Check • Working with Children Check

*My passion is to help the young (and not so young) to know and value their worth, to better understand & appreciate themselves and their world. By tapping into their intrinsic, resilient self and empowering and upskilling them, they can create the life and career they desire, building meaningful and strong relationships impacting all areas of their life.*



### EMPLOYMENT HISTORY

#### Adolescent & Parent Life Coach & Mentor

The SELF Project | Sept 2015 - present

- One-on-one, face-to-face and online coaching to target 10 top coaching issues
- Identify clients' needs, design appropriate tools for coaching use
- Identify, create & run workshops & programs for milestones & transitions
- Coach NDIS neuro-diverse young adults to equip them with life skills
- Engage with and build rapport and trust for maximum growth
- Support & coach parents & those with ADD/ADHD improving parenting styles

#### Program Mentor & Coach - Jnr Web Dev, Cloud Azure Dev & Assoc Program Coord.

Generation Australia (McKinsey & Company Founders) | Aug 2020 - present

- One-on-one, online mentoring of new migrants & those pivoting careers
- Identify students' needs, design and utilise tools for coaching use for entire cohort
- Identify, create & run workshops for student cohort in soft skills training & interviews
- Facilitated & coached incoming Associate Program Coordinators to career change

#### Account Director & Owner

Chaos2Order Creative Solutions | 2002 - 2014

- Liaison between 3rd party suppliers & clients, managing concept to completion
- Project management of design, allocated budgets and deadlines
- Built strong & long-lasting working relationships - preferred supplier to several key clients: Unilever (12 yrs), Rimmel cosmetics (20 yrs), Johnson & Johnson (5 yrs), Kimberley-Clark (3 yrs), Douwe Egberts Coffee & Tea (25 yrs - also employed as in-house trade-marketer)

#### Account Director & Founder

Design Intoto | 1985 - 2001

### VOLUNTEER HISTORY

- Volunteer, Reception Desk & Op Shop, Wayside Chapel | 2023-current
- Convenor, The Great Synagogue '12 Over 12' Bat Mitzvah Program | 2020/2023
- Vice President, The Great Synagogue | 2014-2019
- Board Member, The Great Synagogue | 2003-2019
- Mentor, YWCA In-School Mentor Program | 2016
- Volunteer, YWCA Breakfast Club Program | 2016
- Foster parent | 2015
- Career Counsellor, Jewish House | 2013
- Mentor, JewishCare Young Adult Program | 2013-2015
- Mentor, Mentor Central | 2012-2016
- Co-founder & Mentor, Marketing Women's Association | 1999-2010
- Co-founder, WomanPower, (lobbying women to Boards & Committees | 1990-1992
- Mentor, Camp Eden 'Street Kids Week' | 1992
- Founder, Events Co-ordinator Compass Committee Charity | 1980

### ADDITIONAL ACHIEVEMENTS

We Are All Sydney (WAAS) Mentorship Program

*Designer & Facilitator | NSW Jewish Board of Deputies | 2020 - 2021*

WOW Weekend (Women Of Worth)

*Creator & Convenor | The Great Synagogue | Aug 2018 & Aug 2019, March 2023*

**Recipient of Order of Australia Medal (OAM)**

*King's Birthday Honours 2023 | For Service to the Jewish Community of Sydney*