

Renee Arnott

Professional & Clinical Supervision

For Allied Health Leaders & Professionals



“We do not learn from experience, we learn from reflecting on experience...It requires an openness, a willingness to notice our ways of thinking and seeing, to become aware of these and then to re-examine experience in light of this new awareness”

John Dewey

What is Renee’s supervision style?

She offers both coaching and professional supervision individually or for small groups. She begins every relationship establishing the clients’ goals as the first step in the journey, identifying the intended achievables which creates a focus for each session.

Her superpower is creating a supportive and reflective space through pressing pause on the immediate. This enables space and safety for inner awareness and ensures clients focus on their own growth, goals, values and strengths before considering others.

What are Renee’s core skills and values?

Renee coaches & mentors leaders and emerging leaders across a range of health professions who are looking for guidance to build and enhance their leadership and supervisory skills.

She is passionate about supporting professionals who want to step into and explore their leadership identity, build their confidence and/ or align with Michelle Bihary’s leadership approach.

What is Renee’s experience?

Renee draws on her extensive experience and training and is particularly informed by narrative and positive psychology coaching. She supports her clients to identify their own strengths, values and lived experiences in order to increase their self-knowledge and growth.

What do Renee’s clients come away with?

Renee uses storytelling, her extensive experience, and astute perspectives as part of the coaching space. She takes a 90 degree view to help clients gain new insights and perspectives of their current situations. She uses strengths and value spotting in the sessions to assist people in developing greater self-awareness and self-leadership.

Renee’s clients step away with a greater sense of self awareness and clear practical strategies to support both self-leadership and leadership skills. They have strong self-awareness, presence and communication skills which enable them to operate as influential leaders, who provide feedback confidently, apply empowering communication skills and bring positive accountability to the workplace.

Renee Arnott

Human Resources Professional , Senior Occupational Therapist, Team Leader, Transactional Analysis Counsellor, Qualified Flinders Model Health Coach, Grad Dip Adolescent Health and Wellbeing, Extensive Supervision Training – through Michelle Bihary and Susan Lewis (AASW)