

Dr Paula Robinson, PhD

Dr. Robinson is the leading global authority on Mental Fitness, pioneering the concept, measurement and application through vigorous research.



Founder, Executive Director and CEO of Applied Positive Psychology Learning Institute (Appli). Founder, Executive Director and CEO of Applied Education and Training (AppliED), and Managing Director of Positive Psychology Institute, offering expertise as a consulting psychologist, author, trainer and speaker in positive psychology, wellbeing, and Mental Fitness.



“ As a dedicated business leader and science/practitioner, I am often asked how to embed wellbeing practices into business as usual? This involves integrating them into the core operations and culture of the organisation. AT AppliEd we offer our Accredited Diploma to help individuals, teams and organisations achieve precisely that. ”

Paula Robinson

As a Registered Psychologist with over 15 years of extensive experience in senior management roles, Dr. Paula Robinson brings a unique blend of academic excellence and practical expertise to her work. Leveraging her background, she offers evidence-based Mental Fitness solutions to individuals, organisations, schools, and communities worldwide.

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Her work extends beyond consultancy, encompassing numerous research studies, keynote presentations, and strategic positive change programs for government bodies, private organisations, and schools. As a dedicated science practitioner and Advisory Panel Member for various entities, Dr. Robinson remains committed to promoting and sustaining wellbeing and positive change. Through APPLI Pty Ltd and AppliED, her contributions to the fields of psychology and organisational behaviour, positively influencing sustainable change.

Areas of Expertise

- Designing high-level applied psychological strategic planning approaches aligned to key organisational objectives, culture/climate change and business wellbeing to measurably improve bottom line outcomes.
- Practically applying and integrating the science of traditional Psychology, Positive Psychology and her PhD research on Mental Fitness across multiple contexts.
- Providing consultancy, lectures, keynote presentations, workshops, masterclasses and evidence-based coaching strategies to individuals, organisations, schools and the wider community.

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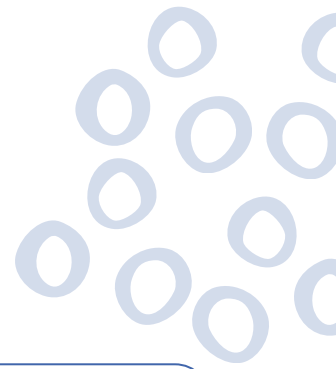
Qualifications

Holding a Bachelor of Science, Dr. Robinson pursued a Ph.D. focused on her research to conceptualise and measure Mental Fitness. Currently serving as the Founder, Executive Director, and CEO of APPLI Pty Ltd and AppliED Pty Ltd, Dr. Robinson specialises in integrating the psychology and positive psychology across various sectors.

- Awarded an Australian Postgraduate Academic Scholarship
- Doctor of Philosophy. PhD – Topic: Conceptualising and Measuring Mental Fitness
- Bachelor of Science with Distinction, Dean's Merit List Honours (Class 1) Psychology
- Full registration with Psychology Board of Australia
- Satisfies the Standards Association of Australia criteria for professional coaching
- Psychometric Testing Accreditation
- Certificate IV in Workplace Assessment & Training (AQF)
- Strengths Profile (previously Realise 2) Assessment Accreditation
- Acceptance Commitment Therapy Practitioner



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Professional Experience

Paula has designed, delivered and assessed a broad range of psychological services (accredited & non accredited) for private and public sector organisations, schools and individuals. Examples include:

- Nationally accredited Diploma in Mental Fitness & Resilience
- How to Build and Sustain Mental Fitness & Resilience
- Appreciative Inquiry: from Theory to Practice
- Positive Psychology Theory Research & Application
- Positive Ageing Research and Practice
- Effective Intergenerational Management in Organisations
- Positive Education in Schools at the Macro and Micro Levels
- How to Build a Strengths-based Organisation
- Organisational Culture Change
- Leadership Development Programs
- Executive, Board & Business Coaching
- Conflict Resolution
- Stress and Coping with Burnout
- Organisational Psychology Research and Practice
- Mental Fitness Assessment and Development
- Wellbeing Research and Application
- Managing Unconscious Bias in Organisations
- Individual, Executive, Team & Organisational evidence-based Coaching Programs
- Adolescent and Teacher Development
- Building Resilience at Work and in Life
- Business Wellbeing & how it links to Organisational Outcomes
- O H & S - Risk Management & Mental Health
- Management Theory and Application
- Attribution Theory and Application

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Organisations



Applied Education & Training (AppliED) **(Founder, Executive Director and CEO)**

Applied Education & Training, an ASQA-approved RTO, specialises in promoting wellbeing through innovative, accredited courses. We proudly offer the world's only Diploma of Mental Fitness and Resilience, a unique 24-month part-time program blending virtual classroom learning with practical experiences. Led by an experienced team, AppliED's programs develop wellbeing strategies across diverse sectors. (RTO 46114)



Applied Positive Psychology Learning Institute **(Founder, Executive Director and CEO)**

The Applied Positive Psychology Learning Institute (Appli) is a global organisation offering strategic consulting, R & D services, and bespoke wellbeing initiatives. We have to take the “we’ out as it shouldn’t be in first person, so let’s say Appli offers, Appli cater. Last part add “through the science of wellbeing and mental fitness

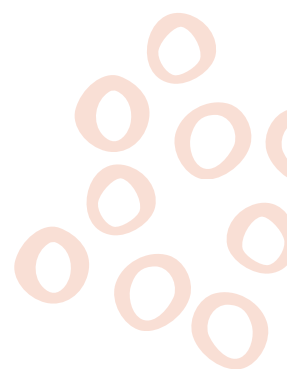


Positive Psychology Institute **(Managing Director)**

The Positive Psychology Institute (PPI) integrates the emergent theory, research and evidence-based practice of Positive Psychology - the science of optimal functioning - with that of traditional Psychology. PPI also draws from the complimentary fields of Neuroscience, Education, and Organisational Behaviour.

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Projects



10936NAT Diploma of Mental Fitness and Resilience

Dr. Robinson's dedication to advancing wellbeing and Mental Fitness research and practice is exemplified in her proud launch of the 1093NAT Diploma of Mental Fitness and Resilience. This pioneering initiative represents not only her commitment to sharing her vast expertise but also her vision for preventing mental ill health and advancing wellbeing and quality of work and life. By offering this comprehensive program, Dr. Robinson aims to empower individuals with the knowledge and skills necessary to navigate the complexities of Mental Fitness and resilience effectively.

Senior Executive Leadership Development: Top Australian University

Dr. Robinson consulted with executive coaching for the Vice Chancellor and top 15 academic and administrative executives with a senior project team of two experienced senior psychologists as part of a university culture change and integration strategy which employed advanced and powerful feedback loops for evaluation and re-inforcement.

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Projects (cont.)

Artificial Intelligence Project

A content expert and advisory role for an AI project for school and workplace wellbeing to consider the intersection between education, employment and health and the role of the family.

A strength based, proactive and preventative approach aims to reduce the burden on the mental health system. Current models of mental health can often fail to consider holistic health in the context of wellbeing.

University of Technology

Advised on a digital platform for use in schools and workplaces, to monitor and manage issues relating to stress, anxiety, isolation, depression and improving psychological wellbeing.

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University Lecturing Roles

University of Wollongong

Sydney Business School - Lecturer

- Positive Organisations (Graduate Certificate of Business Wellbeing)
- Positive Psychology In Business
- Executive MBA – Managing Mature Businesses

School of Psychology

- Vocational Psychology
- Research Methods & Statistics

Sydney University

- Guest Lecturer - Coaching Psychology Unit

University of Melbourne

- Positive Organisations & Communities – Positive Organisational Change
- Professional Certificate in Education
- Melbourne Graduate School of Education - Masters of Applied Positive Psychology – Positive Psychology in Practice

Laureate International Universities (Australia) & Jansen Newman Institute

- Masters of Counselling and Applied Psychotherapy.
- Positive Psychology Coaching
- Cognitive Behavioural Therapy / Solution Focused Therapy

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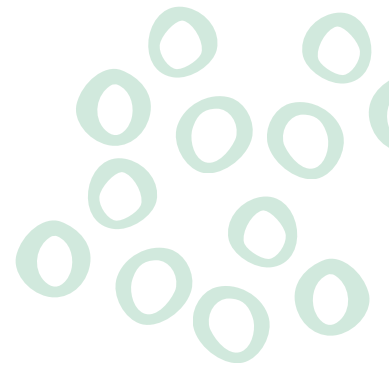


With a client portfolio spanning prestigious institutions and organisations globally, Dr. Robinson has had the privilege of collaborating with companies such as Apple, BHP Billiton, Melbourne University, and the Queensland Government, among many others.

Clients Include

- Academy of Principals, Singapore
- Apple
- Association of Independent Schools
- Australian Communications and Media Authority
- Australian National Audit Office
- Australian Public Service Commission
- Australian Water Association
- Avondale Grammar School, Singapore
- Bank of International Settlements, Switzerland
- Barker College, Sydney
- BHP Billiton
- Blue Mountains City Council
- Charles Sturt University
- Child Protection Services,
- Department of Education NSW
- College of Organisational Psychologists
- Colin Biggers & Paisley Pty Ltd
- ComCare
- ComSuper
- Country Link
- Diocesan Parent Council
- Emergency Services Foundation
- Fiji Sugar
- Gallagher Bassett Services
- The George Institute for Global Health
- HCF Private Health Fund
- International Positive Education Network
- International Positive Psychology Assoc
- Kambala School
- Knox Grammar School
- Lifestyle Solutions
- Lion Nathan
- Laureate University
- Lauriston Institute

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Clients Include (cont.)

- Moreton Bay College
- Murdoch University
- Melbourne University
- Murray Darling Basin Authority
- Nepean Hospital (Mental Health Centre)
- Newington College, Sydney
- NSW Department of Education & Communities
- NSW Department of Education
- NSW Department of Health
- NSW Police
- NSW Treasury
- Office of Industrial Relations
- Organisation Enhancement Consultancy
- Older Women's Network NSW
- Orego, Singapore
- Positive Education New Zealand
- Positive Education Schools Association
- Positive Schools – Australia, Hong Kong & Singapore
- Principals Academy, Singapore
- Productivity Commission
- Qatar Foundation
- Queensland Government
- Queensland Urban Utilities
- Queensland Police
- Railcorp & State Rail
- Renaissance College Hong Kong
- Reserve Bank of Australia
- Schools – over 300 Australian & International locations)
- S.C.E.G.G.S Darlinghurst
- Semann & Slattery
- Shine Australia
- SuperFriend
- Sydney Business School
- Sweeny Research
- Sydney Water
- The Bernard Group
- The Hills Grammar School
- University of Wollongong
- Vajrayana Institute
- VicHealth
- WorkSafe
- Your Law Firm

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Memberships

- Psychology Board of Australia, Registration No. PSY00013R3227
- The Australian Psychological Society
- Medicare Provider No. 4154301F
- Founding Member International Society for Coaching Psychology
- The International Association of Applied Psychology
- International Positive Psychology Association
- Centre for Applied Positive Psychology
- Human Relations & Information Technology Management Research Centre
- Golden Key International Honour Society

Media Roles

Prevention Magazine, Australian Human Resource Institute (HRM Magazine), Marie Claire, The Morning Show, ABC National Radio, Channel 10 News, The Business Program ABC TV, Today-FM, Australian Natural Health Magazine, Girlfriend Magazine, The Australian, Fitness Magazine & HCF Magazine, Spokesperson for Jenny Craig Australia.

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Panel & Expert Advisory Roles

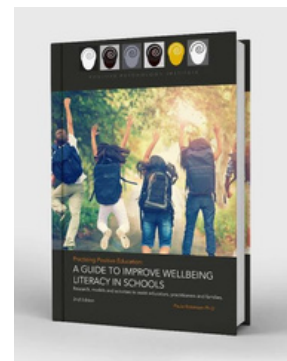
- New South Wales Department of Education & Training
- New South Wales RailCorp
- Wellbeing Australia
- Prevention Magazine
- University of Wollongong, Sydney Business School
- Deakin University - How to promote mental health in the workplace
- International Positive Education Network (IPEN) Global Representative
- Honorary Associate Macquarie University
- Research Review Committee– International Positive Psychology Association, 5th World Congress on Positive Psychology
- Regional Representative International Positive Psychology Association (IPPA) Work & Organisational Division
- Reviewer Journal of Happiness Studies
- Reviewer International Journal of Wellbeing
- Expert in Residence Knox Grammar School

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Published Research, Book Chapters, Conference Papers & Invited Presentations include

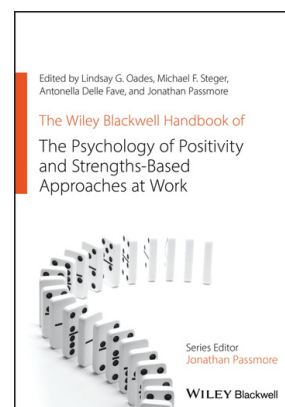
- **Practising Positive Education: A guide to improve wellbeing literacy in schools.**

Robinson, P. Sydney: Positive Psychology Institute.



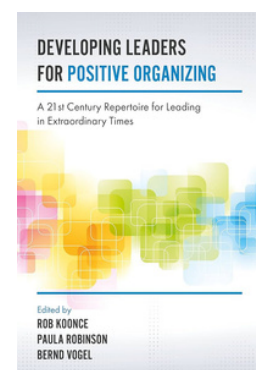
- **The Wiley-Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work.**

Robinson, P., & Oades, L.G. Mental Fitness at Work. In Oades, L. G., Steger, M., Delle-Fave, A., & Passmore, J. (Editors). London: Wiley-Blackwell.



- **Developing Leaders for Positive Organising.**

Robinson, P. Leading with Mental Fitness. In Koonce, R., Robinson, P., Vogel, B (Editors) Bingley, United Kingdom: Emerald Group.



An extensive list of over 60 publications are available on request



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