

Sally Brown

Behaviour Support
Practitioner



Profile

Hi, I'm Sal (Sally) - a Positive Behaviour Support Practitioner with over six years of experience working across the disability sector. My journey into this field was inspired by my mum, whose lifelong commitment to helping others showed me the impact one person can make in someone's life.

I started my career as a support worker, before stepping into behaviour support and developmental education. That foundation gave me a deep appreciation for what truly holistic support looks like - not just in theory, but in the day-to-day experiences of individuals and their families.

My practice is built on person-centred values and driven by a belief that everyone deserves the opportunity to lead a fulfilling and meaningful life. I work closely with participants, their families, and support teams to create individualised, evidence-based strategies that are NDIS-compliant and tailored to each person's goals. I have a particular interest in supporting the development of emotional regulation, social engagement, and daily living skills.

One moment that continues to inspire me was seeing a client independently access a hydrotherapy pool - no longer needing a restrictive practice. Watching their joy and sense of freedom reminded me why this work matters: to help people thrive in ways they once thought weren't possible.

I actively maintain memberships with DEAI and Behaviour Support Practitioners Australia.

When I'm not working, you'll find me running (or volunteering!) at the Seacliff Esplanade Parkrun, cheering on my favourite sports teams (go Sydney Swans!), or winding down with Law & Order SVU or a bit of Bridgerton. Music is always on in the background - especially country or Guy Sebastian when I'm writing reports!

I'm excited to continue walking alongside individuals on their journey toward greater independence, confidence, and joy.

