

# STEPH COLLETT

Behaviour Support  
Practitioner



## PROFILE

Hi, I'm Steph, a Positive Behaviour Support Practitioner at Conscious Healthcare SA.

I hold a First Class Honours Degree in Psychological Science from the University of Adelaide and am currently completing a Master of Psychology (Organisational and Human Factors). I bring experience supporting a wide range of participants, with a particular focus on children and adolescents with neurodevelopmental conditions such as Autism Spectrum Disorder (ASD), ADHD, and Global Developmental Delay.

My approach is person-centred, collaborative, and grounded in evidence-based practice. I'm passionate about helping individuals feel supported not only in the future, but in their everyday lives - building confidence, independence, and resilience through practical, meaningful strategies.

In our work together, I focus on understanding your unique strengths, challenges, and goals. From there, we develop structured, personalised strategies that can be applied consistently across different environments. This may include building routines, supporting communication, and developing skills, alongside strategies for emotional regulation and behaviour support.

I work closely with individuals, families, and support teams to create consistency and shared understanding, ensuring everyone feels involved and supported in the process. My goal is to create a space where you feel safe, respected, and empowered every step of the way.

I bring a calm, empathetic, and down-to-earth approach to every session, and I'm genuinely passionate about supporting people to achieve positive, meaningful change in their lives.