

# Dr Phil Jauncey

Dr Phil Jauncey is a performance psychologist, whose activities include corporate facilitation, education of staff and managers, personal success mentoring, speaking about parenting, counselling and working in the areas of sport and performance. As a keynote speaker, Phil has been described as "one of Queensland's most dynamic presenters...has stimulated sports and professional audiences alike. His contagious passion for life has an overwhelming ability to leave guests wanting more as he tackles the more technical mind sets of self development and gets back to basics." (Brisbane Breakfast Club).



Phil has a strong academic background and has 4 degrees; B.A., B.D., Masters and Doctorate in Counselling and Educational Psychology. He has lectured at Mt Gravatt CAE (now Griffith University), QUT and the University of Queensland in areas such as educational psychology, social psychology, developmental psychology, counselling, marketing and multicultural psychology. He was voted the "Outstanding Lecturer of the Year of 1990" at QUT. He is a registered psychologist, and a member of the Australian Psychological Society and the APS College of Sports and Exercise Psychologists.

In the corporate world, Phil's expertise in language and social science resulted in his being appointed advertising and promotions manager at Dreamworld in 1988 and then marketing and educational specialist for Mincom from 1988 to 1990. He also developed methods of improving advertising for both television and radio.

In 1991 Phil became an independent consultant, working in the areas of business, sport, education and counselling. He is often called upon as a keynote speaker locally, nationally and internationally. He also conducts in-house workshops for companies in staff evaluation, understanding self, sales, marketing strategy and change management. He has on-going consultancies with companies to develop self-awareness and relationship skills for staff members and enhance problem-solving and people management skills for managers. His workshops are interactive and designed to help clients develop their own skills. A collaborative, interactive management training CD was submitted for an international award.

Corporate clients have included PricewaterhouseCoopers, EDi, St George Bank, NAB, Bank of South Australia, Suncorp, ANZ, Westpac, KPMG, Vale, Incitec, Consolidated Rutile, Henzells Real Estate, Ray White Real Estate, L.J.Hooker, Wallace Bishop, Hardy Bros, Austereo, Education Queensland, Queensland Health, Queensland Treasury, Xstrata, Aviva, Santos, Origin, SciFleet and AgForce. Phil is an accredited educator with various government departments and has also worked with a number of city and regional councils eg Maranoa, Brisbane, Moreton Bay, Mackay and Logan.

Phil is currently working with the South Sydney NRL team. He was the psychologist with the Sri Lanka Cricket team in 2018, and in 2016 and 2017 was the psychologist with the Bangladesh Cricket team. He recently retired from the Queensland Bulls Cricket team after 20 years. He was mental skills coach with the Brisbane Lions AFL team from 1994 until 2008 and sports psychologist with the Brisbane Broncos NRL team from 1993 for 15 years, and resumed working with them in 2017 and 2018. He has also been involved with the English Rugby League team. He is an on-call advisor with the Queensland Academy of Sport and Australian Institute of Sport, and has worked with various international athletes across a variety of sports. He has been a psychological consultant to the Australian Cricket Team between 2001 and 2008. He was also an attending sports psychologist at the Olympic Games in Barcelona 1992 (Roller Hockey), Sydney 2000 (Baseball, Softball and Beach Volleyball) and Athens 2004 (Baseball, Diving and Coordinating psychologist for the Australian team). More recently he has worked with the Australian Davis Cup squad. He conducts workshops for junior coaches, parents and umpires, based on the same principles he uses in his corporate work.

Phil has been applying his techniques with tertiary actors in training, a number of whom have since gained success in the Australian and United States television markets. He consulted with a tertiary institution, helping lecturers to enhance their presentation skills in dealing with international corporations. He has also conducted one-on-one sessions with musicians to enhance their performance technique and worked with students at the Australian National Academy of Music and Melba Opera to enhance performance. Two Australian University studies have recently been initiated to investigate and explore Phil's unique approach to performance. In the USA, Rutgers University commissioned Phil to work with their sports department of over 400 athletes and coaches.

His educational involvement has continued with talks to principals, teaching staff, support staff, parents and students in the areas of learning strategies, effective self-management of themselves and others, successful relationships, handling stress, coping with change and creating enhanced learning environments.

Phil has written "**Understanding Ourselves and Others 2<sup>nd</sup> edition**", 2010 (a layman's guide to self-awareness and improvement) and "**Managing Yourself and Others**" 2003 (techniques for successful management). He has published via Amazon and iTunes an eBook "**The Power of Positive Doing – A practical approach to Performance Psychology**" - which explores his latest ideas and practices which have evolved since the writing of the previous books.

### **Some of Dr Jauncey's topics**

- ◆ **Understanding Ourselves and Others** – helps people understand the differences between themselves and those around them
- ◆ **Management Education** – introduces effective ways of managing staff, ensuring they take responsibility for their role and their actions
- ◆ **The Power of Positive Doing** – gives participants an understanding of the difference between positive thinking and positive doing, and why action is so important
- ◆ **Six Steps for Success** – examines existing approaches with a view to developing more effective strategies (for business, parenting, coaching and personal well being)
- ◆ **Changing Behaviour** – discusses what real behavioural change requires and whether the focus of that change should be directed towards self or others
- ◆ **Excuses are for Losers** – explores why people make excuses and how that impacts on the individuals and those around them
- ◆ **Goal Setting** – helps clients gain focus and direction and ensure they understand the principle of goal setting and goal getting
- ◆ **Profiling** – Mozzie, Enforcer, Thinker, Feeler - personal differences and how they impact on our approaches to life and our interactions with others
- ◆ **Handbrakes to success** – rather than examining what 'motivates' people for success, this looks at what stops them from gaining success