



Building Emotional Resilience and Behavioural Change

Counsellor, Life Coach & Behavioural Change Specialist



Audience

- Corporate Teams
- Community Organisations
- Educational Settings
- Professional Development Teams

Audiences Leave With:

- A clear framework for breaking habit cycles
- Practical tools for emotional regulation
- Strategies for navigating conflict calmly
- A structured approach to sustainable change

SPEAKING TOPICS

- Break the Habit Loop

A practical framework for interrupting destructive patterns and creating lasting behavioural change.

- Navigating Conflict with Clarity

How to manage high tension situations without losing emotional control.

- From Reactive to Resilient

Strengthening emotional regulation and building long term resilience under pressure.

Taking Bookings for Keynote,
Workshops, and podcast appearances

Contact Me



0450 064 686



roybristow72@gmail.com



www.roybristowcounselling.com.au

ABOUT ROY

Roy Bristow is a Human Performance Coach and speaker who works with people navigating life transitions and unsure about their place in life. Before entering coaching, Roy served in the Royal Navy and many years working in the trades. His life journey has required him to repeatedly rebuild and adapt, transitioning careers, emigrating countries and navigating major personal challenges. His journey has shaped a deep understanding of resilience, responsibility and the realities of reinventing oneself.

Roy's work centres on helping people unlock their potential when they feel overwhelmed and unsure of their direction. He has a natural skill in seeing the best version of someone even when they cannot see it themselves. He specialises in bringing out the best in people, no matter their stage in life, through his approach on recognising patterns, strengthening inner resilience and developing the self leadership needed to move forward with clarity.

Alongside his coaching work, Roy has spent decades exploring intuition, personal awareness and the deep inner processes that influence how people think, respond and grow. This perspective allows him to connect practical life experience with insight that audiences can apply immediately.

Roy's talks are direct, practical and grounded in real experience. Audiences leave with a clearer understanding of themselves, the patterns shaping their lives and the steps needed to move forward with confidence.

He speaks to corporate teams, community groups and organisations seeking honest conversations about resilience, personal accountability and meaningful growth.