



RELATIONSHIP
PSYCHOLOGIST +
REVITALIZATION
MENTOR... ○

"You give yourself your greatest gift when you're feeling vital and absolutely clear on who you are and what you want."

Lric

SPEAKER | TRAINER | COMMENTATOR | MENTOR | COUNSELLOR



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- > Origin Energy
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- > Women's Forum
- > White Lily Couture

TRIC GIBSON

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Relationship Psychologist
Tric Gibson is a Revitalization Mentor. She helps people revitalize their connection with themselves so they can ditch overwhelm, avoid burnout and create positive more relationships, successful careers and authentic and rewarding, happier lives.

Tric speaks on issues that are serious and impacting for women in their work and personal lives, and are also huge productivity drains in organizations. Her passion and depth of knowledge in these areas are delivered in keynote presentations that are engaging, humorous, compassionate and hit the mark through her professional and heart felt delivery. Audiences relate to Tric as she finds the right balance by being both entertaining and informative.

Having worked for more than 30 years as a psychologist, counselling, mentoring and coaching women, Tric is concerned about an epidemic of toxic stress that is silently sweeping our society – busy, capable women on the edge of burnout but valiantly struggling on in the face of increasing demands and pressures of work and family.

In her clinical practice Tric has observed many women overwhelmed and exhausted by constant deadlines and demands from work, home and family. With very little time to rest, life is 24/7 on the go. While they may get a lot of pleasure from their careers, families and responsibilities they are slowly wearing down and not enjoying life the way they used to. In the worst-case scenarios these women are suffering burnout and relationship breakdown, low vitality and health issues.

Tric has also experienced some of this first hand – having raised two children while running businesses. As a younger woman she experienced a toxic relationship which resulted in a serious health crisis, followed by a difficult divorce. Tric has also experienced the profound grief of losing one of her children in his prime. These experiences have driven Tric to a greater depth of understanding and compassion for women experiencing overwhelm – whether it is from everyday annoyances and frustrations or the more significant challenges that we all seem to face at some point in life.

Tric is now on a mission to help women beat overwhelm, feel revitalized, better about their relationships and careers and avoid and manage the burnout that she has seen many suffer.

If we don't have strategies to deal with overwhelm it can become the insidious precursor to more serious conditions including physical health issues, and emotional conditions such as low-self esteem, reduced confidence, anxiety disorders and even depression.

As a result Tric has created **Revitalize You** – a practical philosophy with programs that help women deal with overwhelm before it becomes a more serious and debilitating situation for themselves and their loved ones.

Revitalize You brings cutting edge research from neuro-science, wellness, positive psychology and mindfulness, together with some clear and proven tools and strategies that break old patterns, increase personal vitality and help women get refocused on their purpose and their authentic self.

Tric believes that understanding overwhelm along with positive strategies to have healthier choices are critical for breaking those destructive

overwhelm patterns and preventing more serious health and lifestyle issues.

Revitalize You provides key elements essential for dealing with overwhelm and reducing the risk of burnout and unnecessary health and lifestyle issues, anxiety and depression.

Tric's clinical experience is that people want to move forward – it's the "HOW TO" that can elude them. It's this practical approach and the feeling of vigour and vitality and optimism that **Revitalize You** offers.

Tric offers engaging workshops and is available to speak on a variety of topics including:

- > **REVITALIZE YOU:** How to beat overwhelm, avoid burn out and revitalize yourself to create the relationships, career, business and life you choose.
- > **THE IMPOSTER SYNDROME:** How to stop feeling like a fraud, break the stress cycle and start enjoying your success.
- > **WHY "PERFECT" DOESN'T WORK ANY MORE:** How to avoid fears and doubts about personal performance, beat overwhelm, and manage work and life demands with balance and satisfaction.
- > **REVITALIZING LEADERSHIP:** How to lead and influence from an authentic, vital place, leading your team's success and truly being a growth mentor.
- > **LOVE TALK:** How to avoid relationship breakdown, navigate many of life's challenges and grow the relationship you want.