

# About

# Tabatha Kattau



Tabatha is Business Therapist & a Mindful Performance Coach, a Master NLP Practitioner, and a Therapist who has successfully built her own Therapy practice which has both a domestic and international client base.

She is a key speaker on NLP and its application in the workplace and in overcoming anxiety, depression and addiction. Having developed her own Collaboration Model which, in partnership with Newcastle University has completed a literature review, Tabatha is a voice of reason when consulted on managing stress and burnout and creating and maintaining emotional wellness.

Tabatha has been interviewed by 2NUR on her Collaboration model and has spoken at the Upper Hunter Inspiration Conference on Resilience.

She has also worked with the Royal Australian College of Physicians on Workplace Trust and is a regular Judge in the Muswellbrook Chamber Business Excellence Awards. Tabatha runs Self Awareness and Stress & Burnout Workshops for NSW TAFE and speaks at organisational events promoting workplace emotional wellness.

Tabatha also helps individuals who are seeking to change long-held patterns of behaviour or phobias impacting the emotional wellness of their lives. Tabatha holds space for clients to bring the stories they are telling themselves into the light where they can safely examine and make the changes they need to break the emotional cycle.

## **Tabatha Kattau**

BA.App.Mgt., Adv.Dip.Bus.Mgt., Dip.OHS.,  
NLP Master Practitioner, Consultant & Trainer  
Emotional Wellness Psychotherapist & Team Performance Coach