

CONDITIONED.

Train the mind. The body follows.

At CONDITIONED, we believe behaviour is **communication**, not **misbehaviour**.

We support mentors, educators and parents with the understanding, confidence and practical tools to respond calmly, build connection and empower young people to thrive.



STRONG MENTORS. STRONGER IMPACT.

When we invest in the wellbeing and capability of those who support young people, outcomes transform. Mentors who feel supported show up with more patience, clarity and resilience — creating safer environments and stronger futures.

- Better mentor wellbeing
- Stronger relationships
- Improved emotional regulation
- Positive behaviour change
- Long-term impact for young people

Three ways I support the work



BEHAVIOUR CONSULTATION

Understand what's behind the behaviour and how to respond effectively.

- ✓ Behaviour as communication
- ✓ Identify triggers & unmet needs
- ✓ Regulation & co-regulation strategies
- ✓ Practical, evidence-informed approaches
- ✓ Support for complex presentations

"When we understand behaviour, we create opportunities for change."



PRACTICAL COACHING

Real-world strategies you can use immediately.

- ✓ Build confident responses
- ✓ Strengthen communication
- ✓ Prevent escalation
- ✓ Support anxious & overwhelmed young people
- ✓ Neurodiversity-affirming strategies
- ✓ Individualised support & planning

"Practical tools. Confident mentors. Empowered young people."



MENTOR WELLBEING & REFLECTIVE PRACTICE

Supporting the people who do the work.

- ✓ Debrief & process challenging situations
- ✓ Prevent burnout & compassion fatigue
- ✓ Build resilience & emotional regulation
- ✓ Reflect, reset & recharge
- ✓ A safe space to be heard and supported

"You can't pour from an empty cup. We support the supporter."



OUR PHILOSOPHY

A trauma-informed, strengths-based, holistic approach that sees the whole person. We focus on building emotional regulation, self-awareness, resilience and the skills needed to navigate life with confidence.

STRENGTH-BUILDING • EMOTIONAL REGULATION • CONNECTION •
CONFIDENCE • LASTING CHANGE

LET'S WORK TOGETHER.

Whether you're supporting young people, mentoring a team, or raising the next generation — I'm here to help you do it with confidence and clarity.



@conditioned._



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Let's start the conversation.