

# **Peter Charleston**

## **Expert in blending professional and personal development**

**[www.petercharleston.com](http://www.petercharleston.com)**

### **Biography**

Peter runs a full-time Psychology practice in St Kilda Rd Melbourne, specialising in relationship therapy for business owners and executives, their partners and their teams. His typical client is a highly successful male, 35-55 years old, experiencing high stress and dissatisfaction, and has neglected their personal life for too long. Peter also treats the partners of these people, and sometimes they come together.

Peter's style is supportive, professional, direct, and change-focussed. He knows how to challenge people with compassion to help them reach their personal and professional potential, and is dedicated to helping clients improve the quality of their lives.

Peter's coaching process involves helping people change their habits, improve their awareness and thus make better decisions and act through courage rather than fear.

Peter is regularly invited to speak on topics related to emotional intelligence, wellbeing, teamwork and leadership in the workplace. Peter has run training programs for a wide variety of corporate teams and departments.

Peter has several qualifications in both Psychology and Business. In his twenty years as a Psychologist Peter has gained a broad experience working for private and public institutions, including 9 years as Staff Psychologist and Organisational Development Consultant for Alfred Health. Peter is also a sessional university lecturer and tutor.

Peter is currently completing writing a book on his concept of emotional connection in relationships, and is developing an online course on how to strengthen your psychology,

## **Version 2**

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At age 15 during a compulsory visit to his school careers counsellor Peter was told his personality was suited to being a Psychologist.

“She said I had compassion for others, by way I took care of the weaker kids in the classroom and on the playground. At the time I laughed and dismissed the advice, yet it planted a seed that has been growing ever since.”

Peter has now been a psychotherapist and business coach for over twenty years. His integrated approach covers a wide range of presenting issues, including: anxiety and depression, Relationships, addictions, family issues, work and money stress, and work-life balance.

“I do what I do to make a positive difference to people’s lives. I have created a theory of emotional needs that helps people heal and connect, and have developed a map of human psychology that I use to help people improve their awareness of themselves.”

Peter’s qualifications include a Bachelor of Arts, University of Melbourne, a Graduate Diploma of Counselling Psychology (RMIT), a Graduate Diploma of Business Administration (Swinburne University), a Graduate Diploma in Trauma Counselling and Psychotherapy (Cairnmillar Institute) and a Diploma in Couple and Relationship Psychotherapy (Cairnmillar Institute).

Psychology is Peter’s passion. “I am fascinated by the mind, human behaviour, how we gain mastery and expertise, how we make decisions, and how we create our lifestyles.”

In Peter's work he endeavours to display integrity, compassion, professionalism, and acceptance of differences, whilst striving to achieve practical results. "In this complex field there is always more to learn and put into practice in helping others, and the journey is a very rewarding one."

Apart from Psychology, Peter loves adventure, spending quality time with family, travel, cycling, nature, skiing, literature, film, art, food, mornings, stillness, spirituality, learning, writing and architecture.