



# Krystyna Kidson

Psychologist. Coach. Consultant. Trainer.  
Cross-Professional Supervisor.

Krystyna is a highly rated psychologist and inspirational speaker, teacher and trainer with almost 20 years of experience as a helping and health professional and ministry leader.

She works with mission-minded leaders, teams and organisations to equip and empower them to stay on mission and keep transforming lives (including their own!) even in the face of stress, overwhelm, conflict and burnout.

She runs her own practice from Sydney, Australia, and is also the Resident Psychologist for the Baptist Association of NSW & ACT Churches, assisting with Leadership Development and Ministry Standards.

## CREDENTIALS

M. Psych (Clinical) Honours  
B. Psych (Honours); Minor Neuroscience  
Cert IV Training & Assessment  
Member International Association of Coaching

## SIGNATURE TOPICS

- ✓ Stress Less. Live More. Work Well: A Masterclass on stress, resilience, and flourishing.
- ✓ How to transform challenging situations in 20 minutes using the ACT Matrix
- ✓ Fill Your Cup: How to keep going when you're pouring yourself out in a stress-filled world
- ✓ Mastering the Mental Loads: Sustaining life amidst the demands of family, work and ministry.
- ✓ Creating Confident Boundaries
- ✓ Burn Bright Not Out: A Masterclass on burnout prevention and recovery

## LET'S WORK TOGETHER!

Please contact me as below for any questions.

I am also available for individual and group coaching, training, and employee assistance; facilitating retreats; and professional supervision or consultation.

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