

# Steph Collett

Positive Behaviour  
Support (PBS)  
Practitioner



## Profile

Hi, I'm Steph, a Positive Behaviour Support Practitioner at Conscious Healthcare SA.

I'm passionate about empowering individuals to thrive—not only in the future, but in their everyday lives. My approach centres on understanding each participant's unique strengths, challenges, and goals. I work collaboratively with individuals, families, caregivers, and support teams to create supportive, consistent environments where everyone feels seen, heard, and involved in the process of positive change.

With a strong foundation in evidence-based practice, I design individualised behaviour support plans that are both practical and holistic. I aim to balance emotional and psychological wellbeing with real-world strategies that build confidence, independence, and resilience. I believe that every step forward—no matter how small—is worth celebrating, and I strive to make each participant feel safe, respected, and empowered throughout our work together.

I hold a First Class Honours Degree in Psychological Science from the University of Adelaide and am currently pursuing a Master of Psychology in Organisational and Human Factors on a part-time basis. My experience spans a wide range of participants, with a particular focus on children and adolescents with neurodevelopmental conditions such as Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), and Global Developmental Delay.

I use a mix of proactive strategies—such as routine-building, communication development, and skill-building—alongside supportive reactive strategies for emotional regulation and behaviour management. I ensure that choice and control remain at the centre of each plan, so that participants feel confident and engaged in their own progress.

As a practitioner, I bring empathy, consistency, and a relaxed, non-judgmental approach to every session. I genuinely love what I do, and seeing participants grow in confidence and independence is what motivates me every day. I look forward to supporting you or your loved one on a journey of positive, meaningful change.

