



Cathy Love

2016 Biography

Occupational Therapist, Coach, Speaker, Author

Bringing Out Your Brilliance

Cathy Love works with parents and disability service providers to achieve brilliant outcomes for children with special needs. During her thirty year career she has worked alongside thousands of parents, guided hundreds of clinicians and coached tens of business owners. In her new business, **Nacre Consulting**, Cathy's typical week includes coaching parents, providing clinical supervision to allied health professionals, presenting workshops and coaching private practice owners. This is all done with the end game in mind, that children with special needs have every opportunity to live their best lives.

The Past Informs the Future

Cathy trained as an Occupational Therapist in Melbourne...way back in the 80's. Her first job at a flagship special school taught her the value of team work, writing and communication. Her move to London presented unique work opportunities in developing community services for families, consulting to special schools and working as part of a fast paced diagnostic team. Decision making, clinical confidence and collaboration were the order of the day. During this time motherhood presented the steepest and most magical of all learning curves. And it continues to this day with the privilege of sharing the lives of fabulous adult offspring.

Adelaide then presented the chance to work at a super progressive primary health care service, extend skills in early intervention, work in special schools and pursue further study. Patience, time management, clinical excellence, deep family centred practice and the work life juggle flavoured this era. Then it was back to Melbourne to finally settle her small family. Cathy worked in community based early intervention and outreach services, but she wanted more. She wanted to do it well and she wanted to do it her way. Cathy's private practice started from humble beginnings on the dining table in 1995.

Then the fun really started. Her private practice quickly grew into a well-regarded and highly successful multisite business providing occupational therapy intervention, workshops along with online and in store educational products and books. Cathy's business skills grew steadily through persistence, self-study, training, business coaching, late nights and a few tears. Cathy was obsessed with customer service, tightly written policy, streamlined procedures, the use of technology and assertive professional development for her team.

Cathy was a destination employer and her team were beautifully trained to emphasise their natural talents and then coached to ensure both professional growth and brilliant client outcomes. These measures ensured her clients had a positive experience and that their children extended their performance and participation.



A Professional Coach

Cathy completed professional International Coach Federation approved Coach training. This added a new dimension to her comprehensive suite of clinical and management skills. She remains passionate about using a coach approach for both her business team and her clients. Cathy is currently the convenor of a global LinkedIn group of over two thousand Occupational Therapists who Coach.

An Assertive Advocate

Cathy was a founding member of the Fragile X Syndrome Alliance clinic, the first of its type in Australia. Cathy has presented at International Fragile X Syndrome conferences and now serves as a Board member of Fragile X Association of Australia. She has participated in Expert Reference Groups on two Federal Government Disability Initiatives. Over the years she has participated in many committees and projects, she co-convened the OT Australia Paediatric Occupational Therapy interest group. Cathy currently co-convenes the OT Australia Private Practice interest group.

New Beginnings

Since selling her large private practice in 2012 Cathy has established her new business Nacre Consulting. Cool business with a weird name.

Nacre (pronounced Nay-kah) is the natural process of a seed being held in an oyster shell and through natural processes growing layers of brilliant resilience. And so it is true for ourselves and more importantly, our young clients with disabilities.

Today Cathy works as a Family Service Coach, Clinical Supervisor, Private Practice Coach, Speaker and Author.

As a Family Service Coach

Cathy coaches' parents to set goals, design unique family centered programs, recruit a dream team and manage the high performing therapy and education team their family and child needs.

Her recent 2015 book *Becoming Chief, How to Lead your Child's Special Needs Tribe* is a guidebook containing practical suggestions to all the tough topics, including: adjusting to the diagnosis, finding and sharing information, setting goals, recruiting and managing a high performing team, measuring and celebrating progress, self-care and family fun. It is essential reading for all families and disability service providers.

An Occupational Therapist at Heart

Cathy presents to parent groups on these topics and more. Her mission is to empower parents to understand the system, own their child's goals and programs and lead their child's teams with skill and confidence. Her specialist coaching approach ensures all her presentations are lively, practical, interactive and useful in all the right ways.

With thirty years clinical experience, Cathy has worked with children of all ages and stages, their parents, educators, medical and allied health personnel. She has presented at state, national and international conferences and continues to deliver content rich yet practical workshops across Australia and New Zealand.

She is currently engaged by Pearson Academy, Occupational Therapy Australia, Critical Agendas, Australian Catholic University and other private organisations to deliver practical clinical specific workshops and webinars. She provides clinical supervision to individuals and organisations nationwide primarily via teleconference and Skype.





As an Author She Shares Ideas

Cathy blogs to both parents who have a child with disability and to disability services providers. She has partnered with major national agencies and other private organisations for regular editorial and blog content. She typically writes how she talks and vice versa. Her Podcast series called *Becoming Chief, Sharing Parental Wisdom* will launch during 2016.

As a storyteller Cathy loves to share her business story, secrets and sheer energy to ease the right of passage for others. Cathy is a highly regarded and much sought after niche paediatric private practice business coach. She coaches business owners globally, from start-ups to veterans, from solo to substantial. Her private practice workshops, webinars and teleconferences are heart felt, brimming with contemporary content and achievable strategies.

Cathy has been engaged by Speech Pathology Australia to deliver workshops and webinars for their private practice members. Her monthly newsletter reaches thousands of paediatric private practice owners across Australia.

The Wrap

Her audiences describe her as an energetic, generous and inspiring speaker with a quick wit, keen sense of humour and a big heart. Cathy is a passionate guide, she has information to share and she has stories to tell. Her speaking events, leave her audience confident and ready to leap forward and take positive action. Her workshops are described by others as being inspirational.

Cathy is the ultimate professional. She is quick and responsive, flexible, uber organised and willing to meet your organisations objectives. She is easy to work with. Her desire is to help parents, clinicians and paediatric private practitioners to build their personal brilliance, exceed their own expectations in every way and create amazing lives for children with special needs.



• Nacre Consulting •

Cathy is the founding director of **Nacre Consulting**. Nacre is the natural process of a little seed, held in an oyster shell, whilst it grows into a brilliant unique pearl. The process takes time, special conditions and forces of nature. And so it is true for ourselves and for children with special needs.

Cathy lives and works between the Melbourne CBD and a seaside town on the beautiful Australian Coastline. Her patient husband and two adult children humorously tolerate her love of eating, traveling, reading and wearing pearls.

• Contact Cathy Today •

You are invited to contact Cathy directly to discuss your organisation's training, speaking, clinical supervision or coaching needs

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