

Tim Wong

Tim has been a Registered Psychologist for over 25 years. He has experience in working with children and adults. It was when he completed his Diploma in Ericksonian hypnotherapy that his interest in the area of mindfulness was piqued. Pairing that with research in Positive Psychology, he particularly enjoys talking with anyone who is interested about how our thought patterns and habits contribute to our mental and physical wellbeing. Lately, he has been interested in how using mindful practice can assist managers and leaders to build high quality relationships and create more clarity, creativity, and compassion in their workplaces. When the need arises, Tim writes about himself in the third person.