



Meet Lee-Ann

Positive Behaviour Support

About Me:

I'm a Positive Behaviour Support (PBS) Practitioner with strong frontline and coordination experience across disability and psychosocial supports. Before moving into my PBS role, I gained experience in Support Worker and Therapy Assistant roles, supporting people with complex needs both home-based and community settings. Through these roles, I worked proactively to implement Behaviour Support Plans, support behaviour data collection, and embed positive behaviour strategies into everyday routines. This hands-on experience has shaped a practical and realistic approach to PBS, with a strong focus on improving quality of life, building individual capacity, and reducing the need for restrictive practices.

My practice is person-centred, trauma-informed, and highly collaborative. I value the active involvement of participants, families, and support teams throughout planning and implementation, and I believe meaningful behaviour support is built through strong relationships, shared understanding, and consistency over time.

Outside of my role, I have a busy family life with three children and place strong importance on balance between work and home. I believe wellbeing, connection, and routine are essential foundations for positive mental health, and these values naturally inform my work. This perspective supports a grounded, empathetic, and sustainable approach to Positive Behaviour Support.

I am here to support with:

- Person-Centred Practice
- Evidence-Informed Planning
- Holistic Behaviour Assessments
- Functional Understanding of Behaviour
- Practical Skill Development
- Emotional Regulation & Coping Strategies
- Strong Team Partnerships
- Implementation Support in Everyday Settings
- Ethical Restrictive Practice Reduction
- Meaningful Quality of Life Outcomes