



About us

PROFESSIONAL PROFILE

Tanja Limnios

Founder & Corporate Psychologist

THINKAHEAD®

We Specialise in

PSYCHOLOGICAL
SERVICES

CORPORATE
TRAINING

LEADERSHIP
DEVELOPMENT &
COACHING

PERFORMANCE
& WELLBEING
PROGRAMS

CULTURE
ENHANCEMENT

CONSULTING
SERVICES



Tanja Limnios is a Registered and Organisational Psychologist with more than 35 years of experience spanning clinical psychology, organisational psychology, leadership development and workplace mental health. As the Founder and Director of Thinkahead, Tanja is recognised for her expertise in helping individuals, leaders and organisations achieve meaningful and sustainable change.

In her clinical practice, Tanja works with adults, couples and families experiencing a broad range of psychological concerns, including anxiety, depression, trauma, post-traumatic stress, adjustment difficulties, relationship challenges and workplace stress. She has undertaken advanced training in Eye Movement Desensitisation and Reprocessing (EMDR), trauma-informed practice and draws upon a range of evidence-based therapeutic approaches tailored to each client's unique needs. Her approach is collaborative, practical and compassionate, with a strong focus on building resilience, psychological wellbeing and lasting change.

Alongside her clinical work, Tanja is an experienced organisational psychologist, executive coach and leadership consultant who partners with government agencies, emergency services, corporate organisations and small businesses to improve workplace wellbeing, leadership capability and organisational performance. She has extensive expertise in psychosocial risk management, psychological health and safety, workplace conflict, bullying and harassment, organisational change, critical incident response, leadership development and workforce resilience.

Tanja is also a SIRA-accredited provider with extensive experience supporting employees recovering from psychological injury through the Workers Compensation Scheme. She also provides coaching and psychological support to executives, senior leaders and business owners, helping them navigate complex challenges, strengthen decision-making and enhance emotional intelligence. Her coaching integrates psychological science with practical business strategies to develop authentic leadership, improve organisational culture and achieve measurable outcomes.

Throughout her career, Tanja has worked extensively with first responders, frontline services and organisations exposed to high-risk and traumatic environments. She has designed and delivered large-scale wellbeing programs, psychosocial risk frameworks, leadership development initiatives and organisational interventions that promote psychological safety, enhance performance and support long-term workforce sustainability.

THINKAHEAD®

TERTIARY QUALIFICATIONS

Bachelor of Arts (Psychology) University of Newcastle

POST GRADUATE DEGREE

- Master of Applied Psychology University of Newcastle
- Diploma in Business

ADDITIONAL TRAINING CERTIFICATIONS

- Certificate IV in Training and Assessment (TAE40110)
- EMDR St John of God Hospital (Burwood)
- Advanced Critical Incident Stress Debriefing Jeffrey Mitchell and George Everly (Baltimore)
- Understanding personality and personality disorders (Hunter Institute of Mental Health)
- Bereavement Counselling Mal McKissock (Sydney Bereavement Centre)
- Breaking the Pattern of Depression Dr Michael Yapko (Sydney)
- Therapeutic Treatment of Acute Stress Disorders (Hunter Institute of Mental Health)
- Eating Disorders Essentials (Australian Centre for Eating Disorders)

MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS & BODIES

- Full Member of Australian Psychological Society (APS104604)
- Medicare Registered (2861052K)
- Member of the Psychological Board of Australia (PSY 0001237261)
- WorkCover Approved Provider (SIRA 7770)
- Board-approved Supervisor

