

# Corporate.Work.Health. Australia.



## EMILY SCHMIDT

### Occupational therapist

Masters OT (2016)  
Bachelor health science (2010)  
Cert III & IV Fitness (2010)



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Emily Schmidt

Perth, Western Australia

Emily has been an occupational therapist since 2016, graduating from Curtin University with an undergraduate in Health Sciences, diploma OHS, Master in Occupational Therapy.

Emily is passionate about workplace wellness and loves seeing people embrace ways to improve their health and quality of life. Emily is experienced in ergonomics, delivering training programs such as SafeSpine, facilitating many other health and wellness workshops, conducting health checks and functional assessments as well as corporate fitness. Emily also has certificates in soft tissue, CBT, DBT and coaching.

Emily has diverse experience and gained diverse skills working in the NDIS, corporate health, mining and construction, DVA, worker's compensation, and aged care schemes which she uses in corporate wellbeing to understand the best fit for the best person whether that is looking at the physical environment or psychosocial and job demands.

Emily uses a holistic approach and considers many factors that contribute to a person's wellbeing with a goal of assisting individuals to regain their independence, confidence, and enhance their function which contributes to overall health and wellbeing.

When not working, Emily enjoys keeping active with exercise, surfing, boxing and also enjoys slowing down to enjoy reading, being creative with arts, playing guitar and spending time near the water.

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