

Understanding people, relationships and behaviour under pressure

Practical, evidence-informed strategies for leaders, educators and teams to strengthen regulation, relationships and high performance.



Evidence. Insight. Practical Change.

Princi Consulting works with organisations to build psychologically safe, compassionate and high-performing cultures. Drawing on extensive experience as a Clinical Psychologist, current research and a deep understanding of human behaviour, I translate complex psychological and neuroscientific concepts into practical strategies that strengthen leadership, relationships and wellbeing.



Leadership development

Greater self-awareness, regulation and influence.



Team wellbeing

More effective communication, collaboration and resilience.



Organisational consulting

Tailored, evidence-informed solutions for sustainable, human-centred workplaces.

*Neuroscience helps us understand what's happening.
Compassion helps us understand what's needed.*

Signature Workshops and Presentations

Interactive, engaging and tailored to your organisation's needs. Available as keynotes, half or full-day workshops, or multi-session programs.



The Regulated Leader

Neuroscience, compassion and influence under pressure.

Explore what happens to us when we're under pressure and how our regulatory state influences the way we think, communicate, make decisions and respond to others. Practical strategies to enhance self-regulation, leadership presence and influence.



Understanding Stress and Behaviour Under Pressure

From reaction to reflection.

An evidence-informed exploration of the bi-directional influence of stress and regulation in relationships, teams and organisations. Develop a shared language and practical strategies to reduce reactivity, strengthen communication and foster psychological safety.



Compassion, Communication and Accountability

Compassion is a science.

Explore how compassion-focused approaches can be integrated with clear expectations, boundaries and accountability. Practical strategies for difficult conversations and creating a culture of respect, responsibility and wellbeing.

About Dr Rita Princi-Hubbard

Dr Rita Princi-Hubbard is a Clinical Psychologist, consultant, leadership coach, educator and researcher with more than 25 years of professional experience.

She holds a PhD in Education from The University of Queensland. Although conducted in educational settings, her research into self-awareness, regulation and relationships has broader applications across leadership, workplaces and organisations.

Her work integrates clinical psychology, neuroscience and compassion-focused approaches, translating research into practical strategies for professionals, leaders and teams.



PhD (Education), The University of Queensland (2024)



AHPRA-registered Clinical Psychologist



Author and researcher



Experienced presenter and facilitator

Enquire about tailored workshops or consulting services

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