The Preston Associates
EXECUTIVE COACHING SPECIALISTS

DR JESSICA TONISSEN
EXECUTIVE COACH

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Jessica is a Doctor of Psychology and executive coach with over 18 years' experience across psychology, high-performance coaching and leadership development. She partners with executives, boards and senior teams on lasting change, from first-time leaders stepping into significant roles to seasoned CEOs navigating complexity and growth. Warm and direct, she builds trust quickly and asks the questions that generate new insight, creating safety and stretch in equal measure.

EXPERIENCE

Jessica combines a psychologist's understanding of why people do what they do with a coach's focus on where they could go next. Her clinical background spans the full range of human experience, from navigating trauma through to unlocking high performance, so she meets clients where they are, not just where they present.

Her work sits at the intersection of motivation science and human potential. She has led the design of leadership and talent development programs from graduate level to C-suite, worked with boards to redesign organisational culture, and supported leaders through some of the most significant transitions of their careers. Her work also includes leadership diagnostics and 360-degree assessments, women in leadership programs and bespoke executive offsites.

Based in Melbourne, Australia, Jessica is a mum to two strong, kind and very funny girls, who she describes as her most important leadership role and her best mirrors.

EDUCATION, QUALIFICATIONS, PROFESSIONAL MEMBERSHIPS

- Doctor of Psychology (DPsych)
- NeuroLeadership Institute Brain-Based Certified Coach
- Leadership Circle Profile Certified Practitioner
- Training in High Performance Psychology, Positive Psychology and Acceptance and Commitment Therapy

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