

SHUKTIKA BOSE

CLINICAL PSYCHOLOGIST · MENTAL HEALTH CONSULTANT ·
KEYNOTE SPEAKER

The examined life takes courage.

Translating the complexity of human behaviour into clarity, drawing on clinical psychology, Stoic philosophy, and neuroscience to deliver practical insights that move people and organisations forward.

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AS FEATURED IN



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ABOUT SHUKTIKA

Shuktika Bose is a clinical psychologist working at the intersection of clinical psychology, Stoic philosophy, and neuroscience. Her work begins with a question most organisations are still learning to answer: how wide is the distance between the values leadership says matter and the culture that actually exists?

With over a decade of clinical practice and ten years as an Adjunct Teaching Fellow, Shuktika brings academic rigour and hard-won practical insight to every engagement. She has delivered national training programmes for government agencies, appears regularly as a mental health commentator on Channel 7, and has spoken on international stages on topics ranging from vicarious trauma to psychological first aid.

What audiences consistently report is this: she speaks to them, not at them. She makes complex concepts feel immediately usable without making them feel small, holds space for laughter alongside the learning, and creates an environment where people feel seen rather than lectured. People leave with pages of notes, new language for what has been hard to name, and a more honest sense of what actually needs to change.



10+

Years in Clinical Practice

3

Countries of Speaking Experience

10

Years as Adjunct Teaching Fellow

ENQUIRE ABOUT AVAILABILITY: enquiry@shuktikabose.com

SPEAKING TOPICS

The Courage to Examine

This keynote names the question most people sense but rarely say aloud: how wide is the distance between the values you hold and the way you actually lead? Drawing on Stoic philosophy, neuroscience, and over a decade of clinical observation, it guides audiences through an honest examination of that distance and what course correction actually requires.

Burnout as Feedback

Burnout arrives when the distance between what we value and the way we are actually working becomes too wide to sustain. This talk reframes exhaustion as feedback, examines the patterns that drive chronic stress and depletion, and gives people and leaders evidence-based tools for building cultures where sustainable performance is actually possible.

Vicarious Trauma

Every organisation has people who carry the weight of other people's hardship: inspectors, case workers, healthcare professionals, legal practitioners, and managers absorbing the distress of their teams. This training brings clinical depth to that conversation, giving people language for what they are experiencing, practical tools for protecting their wellbeing, and the confidence to support colleagues going through the same.

Compassionate Assertiveness

Most people know where their limits are. This talk examines the psychology of why we keep overriding them, what that costs individuals and teams over time, and how to develop the capacity to communicate with both directness and genuine care, leaving people with a practical model they can apply immediately.

Psychosocial Safety

Psychosocial safety is now a legislative requirement across Australian workplaces, and most organisations are still working out what compliance actually looks like in practice. This training moves beyond the policy checklist to examine what psychological safety looks like from the inside: how it shapes performance, retention, and culture, and how to build it in line with current psychosocial safety legislation.

Cultural Intelligence & Neurodivergence

Mental health, communication styles, and help-seeking behaviour look different depending on where you come from or how your brain is wired. This training explores what it takes to build mental health literacy and workplace practices that reflect the full diversity of any team, across cultural backgrounds, neurodivergent experiences, and communication styles.

All topics available as keynotes (30–60 min), half-day or full-day workshops, or multi-session training programs, tailored to your industry and audience.

The Courage to Examine

The Courage to Examine is Shuktika's signature keynote, built around the question at the heart of her clinical and speaking work: what is the distance between the values you hold and the life you are actually living? This is a keynote that earns its place on a programme long after the room has emptied. Psychologically grounded, evidence-informed, and designed to spark honest conversation at every level of an organisation, from leadership teams to all-staff events.

Formats: 30 / 45 / 60 minutes
Audience: Leadership teams, conferences, all-staff events
Delivery: In-person or virtual

Workshops & Training

Interactive, research-informed sessions that translate clinical psychology into practical tools your team can use immediately and carry back to their work. Participants leave with a clearer picture of what their patterns are costing them and a more honest sense of what actually needs to change.

Formats: Half-day / Full-day / Multi-session
Audience: Teams, managers, HR and L&D professionals
Delivery: In-person or virtual

Consulting & Advisory

Strategic advisory for leadership teams and HR professionals building psychologically safe cultures. Shuktika works with your organisation to assess, diagnose, and design practical approaches to organisational wellbeing, cultural competency, and people performance. Available as a project-based engagement or ongoing retainer. Perth-based, with in-person availability for East Coast clients.

Formats: Project-based or ongoing retainer
Audience: HR leads, executive teams, L&D
Delivery: In-person or virtual

WHAT EVERY ENGAGEMENT INCLUDES

Bespoke by design

Before every engagement, Shuktika liaises directly with leadership to understand your organisation's specific context, challenges, and culture. Where possible, she builds custom case studies drawn from your industry and verified by your team, with personalised pre-session assessments included in selected training formats.

Clinically grounded

Every session draws on current frameworks from clinical psychology, contemporary neuroscience, and evidence-based practice, selected for the specific audience and context. Content is peer-informed, current, and built to translate directly into practice.

Built for action

Participants leave with a take-away resource: a custom workbook for training sessions or a curated one-page post-session summary, alongside tools and language they can apply from the following day.

Delivered anywhere

Every engagement is available in-person or virtually. Shuktika is Perth-based and is available nationally and internationally for keynotes and intensive engagements.