

THE RELATIONSHIP INFLUENCERS SERIES



Clinton Power operates his own counselling private practice.

PHOTO: CONTRIBUTED

MENTORS ARE SUCCESSFUL PEOPLE YOU RESPECT WHO HAVE BEEN THERE AND DONE IT

WORDS: JOANNE WILSON

Cutting your own mistakes short by not repeating those of others is, well, smart! So often, I'm suggesting that clients find mentors, either in marriage, business or for just life! Mentors are successful people you respect who have been there and done it. It's highly likely they're proud to share their wisdom with others.

Enjoy this interview in my current series of "Relationship Influencers" with someone I've been inspired by for many years. Clinton Power operates his own counselling private practice in Sydney as well as the Mind Body Training Institute. He regularly contributes to media and certainly gifted me with plenty of expertise through his podcasts for establishing my counselling practice.

As a highly regarded "influencer" of Australian relationships, how did you come to specialise in this field?

One of my first jobs was with a large national organisation that specialised in relationships. This was a baptism by fire because I was suddenly working with 15 to 20 couples a week and had to come up with ideas and interventions to help them with their relationship problems. I won't say it was easy, but it was some of the best "on the job" learning I've ever had.

When I moved into private practice a few years later, I decided to continue to specialise in working with couples. As I got more experience and specific training in couples therapy, I realised I love working with couples and I'm passionate about helping people improve their relationships.

You've been integral to inspiring a myriad of health practitioners (including me!) around the world through your podcasts, courses and media. What motivates you to invest so much energy into enlightening and educating us?

I think I love teaching because I spent close to 20 years teaching in my former career as a professional classical musician. As health practitioners, none of us can rest on our laurels and experience, or ever stop learning. I took my love of teaching and made it my mission to help as many health practitioners as I can as former founder of Australia Counselling Directory, and now as co-director of the Mind Body Training Institute. I also love the way technology is making it so much easier to reach and educate people across the world.

Have you had any "behind the scenes" funny moments while contributing through these mediums?

I think the funniest behind-the-scenes moment occurred when I was involved in a live broadcast from the 2GB Melbourne



Smile
IT'S WORTH IT

Dentistry On King would like to welcome our newest team member
Dr Cara Johnson
BSc BDS MFDS.

Cara has been a dentist since 2002, originally from Chelmsford in England she studied in Cardiff and moved to Australia in 2007. She enjoys all aspects of dentistry but has a particular interest in oral surgery. Her gentle and relaxed nature has made her a hit with all patients. Cara also enjoys children's dentistry and is passionate about promoting good oral habits for children, she believes that a trip to the dentist should be a fun and pleasant experience for all the family.

When Cara isn't saving the world from plaque and tooth decay she spends her time relaxing with her husband and daughter, playing the piano or watching her favourite AFL team the Brisbane Lions.

To book an appointment to see Cara or any of our other dentists please call our friendly staff on 5445 3110. Find out more at our website [dentistryonking.com.au](http://www.dentistryonking.com.au) or like us on Facebook.



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