

The College of Organisational Psychologists South Australia presents...

A Day in the Life of an Organisational Psychologist

Sam Atkins

Principal Inspector
at SafeWork SA

Amelia Keates

Senior Consultant at
Frazer-Nash
Australia

Justine Trelease

People, Capability
& Safety Manager
at Lancer

Patrick McGrath

Head of Human
Enablement at
Opposite



13 August 2026, 5:30pm-7:30pm, Adelaide University, Hughes Building Room 526

Sam Atkins

Sam is a Registered Psychologist with 28 years of practice, policy and applied research experience across Australia. She started her career as an Army Psychologist, providing a range of organisational psychology services for 10 years. Her roles ranged from student counsellor, leading a team of Psychologists and staff at a field hospital, workforce planning, human factors support to Defence science and technology programs and support to the Australian Antarctic Research Expeditions.



She then moved into a Defence civilian role and spent 11 years managing programs for the Australian Defence Force.

Following this, Sam worked as a policy advisor with the Royal Commission into Aged Care Quality and Safety and was one of the lead writers of the final reports.

Sam is currently Principal Inspector at SafeWork SA, South Australia's work health and safety regulator. In this role, she provides technical, policy and mentoring support to build its capacity to be an effective regulator of psychosocial hazards and risks in workplaces.

Amelia Keates

Amelia Keates is a Registered Psychologist, Organisational Psychology Registrar and human factors practitioner. Amelia has over seven years of experience designing and managing human factors integration and analysis projects across safety-critical industries, including Defence, Rail, Civil Air Traffic Control and Mining.

Her current role as Senior Consultant – Human Factors at Frazer-Nash Australia sees her support both design, Systems Engineering and Safety Assurance activities for complex infrastructure projects, including those with nuclear and radiological significance.

She is currently Board Director and Branch Chair for the Human Factors and Ergonomic Society Australia.



Justine Trelease

Justine is an experienced Organisational Psychologist with 18 years' experience delivering OD, HR, Safety, Wellbeing, and Employee Engagement solutions across private, government, consulting, and not-for-profit sectors. This cross-industry background gives Justine a strong ability to translate psychological principles into practical, scalable organisational strategies.

Known for a balanced approach that integrates people, performance, and culture, Justine helps organisations strengthen capability, lift engagement, and create safer, more resilient and productive workplaces.

Recent highlights also include her role as 'Content Collaborator' for the APS Festival of Psychology 2025 and Adjunct Lecturer for Adelaide University.



Patrick McGrath

Patrick is an Organisational Psychologist and Head of Human Enablement at Opposite, with broad experience helping people and workplaces work better. His career has spanned learning and development, team development, human factors, coaching, and counselling, giving him a practical view of how Organisational Psychology can shape individual growth and system-level change.

Patrick has worked across sectors including utilities, healthcare, transport, finance, education, government, construction, energy, and retail, designing and delivering initiatives that build leadership capability, psychological safety, resilience, team connectedness, and workplace wellbeing.

His work brings together psychology, human-centred design, and real-world organisational insight to improve how people collaborate and perform at work.

