

# Practitioner Profile

## Getting to know Denise Robinson



### *How long have you been practising Kinesiology?*

I have been practising Kinesiology for 13 years, since 2005, in my purpose-built Kinesiology clinic at my residence in Chelsea, Melbourne, Victoria. I began my working career as an Executive Assistant, Board Secretary and Commercial Project Manager in the corporate field, which I left to engage with my ongoing passion for natural therapies and to eliminate high pressure stress from my life. I found kinesiology through my search to alleviate chronic calf muscle cramps and stress, and it helped me to understand what nurturing myself really meant.

I studied kinesiology via the workshop model, starting with Touch for Health followed by Applied Physiology, Attitude with Essence, Three-In-One Concepts, Aromatic Kinesiology, Counselling Kinesiology, BKP, Heart Healing, The LifeLine Technique and many other streams of kinesiology, communication, nutrition, business management and workplace training and assessment qualifications.

Initially, I continued working in the corporate sector as I transitioned into kinesiology and, in 2007, was very proud to be able to leave behind my stressful career and commence full time in my Kinesiology business. I then saw an opportunity to share Kinesiology knowledge and skills I had gathered with the wider community which led me into developing my own accredited kinesiology courses including 'Kineasy', a Kinesiology introductory course. Since 2008, I have taught courses from many kinesiology streams. I love seeing the reaction on my students' faces when they first fully 'get it' and understand how to muscle test and read the body's messages. Teaching is my passion, I love to empower students and watch them grow into talented Kinesiologists.

### *Do you practise any other health modalities?*

My passion is Kinesiology and I bring my love of Chinese Medicine, acupressure, essential oils, crystals and flower essences into my clinic and teaching spaces. I am also very fond of nature and use what I call 'Nature's Remedies' in my clinic space to bring further awareness, raise consciousness, shift Chi and connect clients back to Mother Earth. Some of these remedies and artefacts are

handmade crystal wands, feathers, shells, tree sap, leaves, rocks, driftwood and many more of nature's inspiring treasures.

### *What has influenced your kinesiology career?*

I found Kinesiology through my very first Kinesiologist, Rebecca Richards, when she was working at a spiritual shop in Yarraville. I had no idea what kinesiology was so I went and had a session and, wow, it blew my mind!! Everything she said during the session was spot on and the changes were incredible and immediate. I have always had an interest in natural therapies and a thirst for knowledge and learning. Something sparked in me after the session so I rebooked and sought more information during the next session about how to become a Kinesiologist. She then became my first kinesiology instructor teaching me Touch for Health!

I was also inspired by Robbi Zeck, as I always loved essential oils when I was growing up and her course helped me understand how to tie these wonderful remedies from nature into my everyday life and Kinesiology practice. Essential oils are an integral part of my family's life, Kinesiology sessions, courses and workshops.

Another practitioner who assisted my growth and perspective was Dr Darren Weissman from the USA. He uses various techniques to shift emotions and raise consciousness. My gorgeous friend and colleague, Jane Curtis, has been an amazing support and my personal kinesiology instructor for over a decade. It is so important for me to maintain balance in all I do and this includes ensuring that I make time for my own healing as well. Also, I have had a wonderful mentor in Toni Lilley guiding me when I was a TFH Instructor and Trainer. Her knowledge and wisdom were paramount when I was trying to understand the process of having my courses accredited.

The inspiration, support and nurturing I have received from many people along the way has also inspired my growth in kinesiology and allowed me to step out of my comfort zone into my creative heart. My partner, Brett, is my main support. As I am a mum, his support enables me to run sessions in the evening and teach courses on weekends.

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*Do you have another life?*

My other life is my family: Brett, our two children Madison (7½) and Cruz (5½), our golden retriever dog Axel, plus our second home in the bush. My life in the 'city' is always busy. I work hard and long hours with clients during the week and, if I am not teaching on the weekend, I look forward to making my way to our beautiful country weekender in the Yarra Ranges in regional Victoria, a mud brick home with an open fire and winding creek running through the acre property. It is serene, full of luscious ferns, tall trees and plenty of birds and wildlife. It's our relax and recharge, TV free, reconnecting zone. I enjoy bush walks with our dog, plus the physical labour of keeping it maintained. My nurturing activities include reading a good fiction novel, listening to music, sitting in front of the fire, crocheting or knitting, playing cards and family board games, and baking with the kids. Nurturing time at our property helps balance me and allows me the creative headspace to develop new courses, workshops, training materials and emotion charts. It re-centres, reconnects and grounds me to keep me present in my love and passion. There is something so magical and mystical about the country air and stars at night.

Another passion is converting conventional snacks into delicious, healthy, guilt-free versions for our family to enjoy. I have fun refining and taste testing with the kids many recipes which I then publish on my website to share with everyone. I also enjoy experimenting with natural flavours when I make kombucha which we love sharing with friends.

My personal and professional life are tightly woven together, as most things I do outside of clinic I do in clinic or it has some relevance: crocheting my chakra coloured rug for the clinic, healthy baking, nurture time to tap into my creativity. Many people comment that I don't seem to 'switch off' from work but I don't view what I do as a 'job', it is part of who I am and encompasses all areas of my life in some way – I couldn't be happier with my life path.

*Do you have any advice for other less experienced Kinesiologists that maybe helpful?*

The most important advice is to be authentic to you! Sometimes, I find that when new Kinesiologists are starting out they tend to look outside at what everyone else is doing or offering and try to emulate that. I advise them to 'pause', look inside themselves and think back to why they started this journey. Was it for their own healing, to help others or for other reasons? Whatever the reason, keep moving forward towards the original goal. I encourage my students to focus on what they love about kinesiology, on what makes them special not what someone else is doing. Everyone has something beautiful and different to offer. It's so important that they find their own way and what it is that they're passionate about, and just dive right on in. I truly believe that everyone will be successful when coming from that place deep in their heart.

Also, keep your practice simple and be patient. Let your business grow organically and build naturally. Find a mentor who can guide you along a solid path. It doesn't matter how many remedies you have, or if you have every reference book and chart, what matters is that you are authentic with your clients and have a heart-to-heart connection with them. I always say 'feeling is healing', and as soon as you can connect with someone on a genuine level and really hear them, the healing for them has already begun. Be confident and comfortable in yourself. Let yourself flourish.



**Denise Robinson** is a Level 6 KSP Kinesiologist practising in Bayside, Melbourne. She is also a 1:1 mentor, course author, trainer, instructor, assessor, AKA supervised mentor and emotion chart developer. She teaches many AKA accredited Kinesiology courses including the Kineasy Intro Course, Chakra Healing Kinesiology, Mastery of the Five Elements Core Essence and Character, Emotional Meridian Harmony Kinesiology, Attitude with Essence and Heart Healing as well as Mind, Body, Soul Kinesiology Mentoring Workshop and a range of Wellbeing Workshops.

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