



Ash Buchanan

MAPP, BE, BSc

Ash Buchanan is a mindset researcher, regenerative practitioner, and consultant whose work sits at the intersection of wellbeing science, systems thinking, and collective transformation. He brings to ProVeritas a decade of pioneering research and practical experience dedicated to helping people and organisations cultivate mindset awareness as a foundation for meaningful change.

Ash led one of the most comprehensive research programs in the mindset sciences, synthesising collective wisdom across psychology, human development, and systems change to offer a more direct and holistic way of understanding how mindsets shape behaviour, relationships, and societal outcomes. His latest book, ***Mindset Aware***, reflects this synthesis and invites people to develop a more direct, practical, and humane relationship with their own mindset. He is also the author of *The Nature of Mindset* and the *Handbook of Mindset Research*.

As the founder of **cohere**, Ash partners with individuals, organisations, and communities to build capacity for collective healing, wellbeing for all, and regenerative transformation. Through cohere, he offers training, consulting, and mentoring that integrate mindset science with awareness-based systems change and regenerative practice.

Ash holds a Master of Applied Positive Psychology, and a Bachelor of Engineering and Bachelor of Science from the University of Melbourne. His advanced development includes training in Awareness-Based Systems Change through the Presencing Institute, the Regenerative Practitioner Series with the Regenesys Group, and a fellowship at the Centre for Sustainability Leadership.

At ProVeritas, Ash contributes deep expertise in mindset science, regenerative practice, and systems-based wellbeing. He supports the design of transformative learning experiences that help leaders expand awareness, cultivate inner capacities, and navigate complexity with clarity and coherence. His work strengthens ProVeritas's mission to develop leaders who can generate positive, sustainable impact across organisations, communities, and society.

