

Contact

- dinah@villagehoodaustralia.com
- +61 411 270 169
- Linkedin.com/in/dinahthomasset/

Previous Engagements

- Featured in Women's Agenda, the Advertiser, 9Honey and Kiddo Mag
- Interviewed by ABC Adelaide, 5AA, Radio Italiana Podcast and the ABC 7.30 report
- Panelist at the National Early Years Summit in Canberra
- Speaker at the National Infant & Perinatal Mental Health Conference in Adelaide

Awards & Nominations

- SA Woman Heart Award
- South Australian Women's Honour Roll Award
- 2024 Nominations for The Australian Mental Health Prize, Australian Day Citizen of the Year and Westfield Local Hero

Cultural Connections

Dinah was born and raised in Morocco, spent her student years between France and North America, and later moved to London, UK, for work. She migrated to Sydney, Australia, in January 2011 and has been living on Kaurna Country with her Noongar husband and two children since 2016.

DINAH THOMASSET
She/Her

Founder & Chair of Villagehood Australia | Maternal Mental Health & Peer Support Advocate & Speaker | Motherhood Life Coach

Dinah Thomasset is a passionate advocate and expert in maternal mental health, peer support, and early childhood development, with a career spanning over two decades across Australia, France, and the UK. Her extensive experience in the not-for-profit, government, and corporate sectors has equipped her with a unique ability to navigate and influence diverse environments.

Dinah's journey into community development and advocacy is deeply personal. As a migrant mother who faced postnatal depression and suicidal feelings, she transformed her hardships into a powerful force for good. This personal experience led her to establish Villagehood Australia, a grassroots charity dedicated to supporting mothers and their children during the critical early years.

Through Villagehood Australia, Dinah has facilitated workshops, developed essential resources, and built strategic partnerships to address the mental health and wellbeing of mothers from diverse backgrounds. Her lived experiences fuel her passion for advocating systemic change and amplifying the voices of marginalised communities. Over the years, Dinah has demonstrated her dedication to empowering communities and supporting families with culturally sensitive and innovative solutions to enhance their participation, connection, and overall wellbeing.

Dinah's speaking engagements are marked by a compelling blend of personal anecdotes, evidence-based insights, and practical strategies. Her presentations resonate with audiences through her passionate and empathetic delivery, inspiring others to drive meaningful outcomes in maternal and family health.

"Dinah is one of the most compelling speakers I've watched on stage. She carries a room with her warmth, humanity and inner strength. Dinah is a rare presenter - confident, articulate, natural and wonderfully powerful." Georgie Dent | CEO at The Parenthood

Suggested Speaker Topics

- My Baby is Not the Only One Crying - The Devastating Impact of Postnatal Depression on Families
- I Have No Village - Experience of a Migrant Mother in Australia
- Breaking the Silence around Maternal Mental Health - Raising my Voice for Systemic Change
- Everyone Wants to Hold the Baby but Who is Holding the Mum? Peer Support as a Preventative & Cost Effective Solution to Postnatal Depression