

Capability Statement

Tried and Tested Solutions

Business Overview

Tried-and-Tested Solutions delivers winning results for government and corporate clients. Led by Michael Hooke, an MBA-qualified executive, accomplished collaborator, leader, facilitator, keynote speaker and mentor. — We bring a high-performance, sporting perspective to every engagement. With a strong track record in project and operational leadership, we are committed to empowering individuals and teams to achieve their highest potential. Our proven, tailored solutions transform organisations, accelerate performance, and create value across sectors.

Core Capabilities

Strategic consultancy and actionable advisory

Collaboration, facilitation, mentoring, and keynote speaking

High-performance executive and leadership coaching

Organisational capability and workforce transformation

Change management established through participant centred physiological safety for lasting impact

Process improvement and streamlined communications*

Diversity, inclusion, and psychological safety

Contemporary HR leadership and processes that is people centred

Education and Coaching enhancement
'Games Sense'

Key Differentiators

Proven track record delivering successful outcomes in complex, sensitive, and safety-critical environments – clear and accurate

Deep experience with First Nations communities, veterans, and neurodivergent clients

Recognised for fostering inclusive, high-performing cultures, teams and stakeholder engagement

Strong commercial acumen and practical, actionable strategies

Customised, evidence-based solutions tailored to client needs

Capability Statement

Sectors Served

Government (Federal, State, Local)
Education and Training
Community & Not-for-Profit
Health & Human Services
Sporting Organisations
ASPL Group

Qualifications & Accreditations

Master of Business Administration,
Entrepreneurship Management (MBA) –
Australian Institute of Business
Australian Fair Work Legislation,
Employment Law.
Health Science PDH&PE
MAHRI Member
World Rugby Trainer of Coaches

Selected Achievements

Successfully implemented large-scale workforce transformation projects in remote, culturally diverse communities.
Led the pilot 'Launch into Work' program for First Nations employment, achieving industry-leading retention rates
Delivered tailored leadership and team development programs, resulting in measurable improvements in engagement and performance
Assisted clients in achieving compliance, resilience, and operational excellence during rapid change and crisis situations
Facilitated workshops and strategy meetings to achieve aims and objectives, maintaining physiological safety and engagement.
Delivered powerful, cloud-based platforms that enhances internal communications, custom forms, workflows, and business apps. *

Why Choose Tried and Tested Solutions

Our team is driven by integrity, expertise, and a passion for results. Michael Hooke brings strategic insight, cultural understanding, and proven leadership to every project—delivering sustainable impact and building trust with every client.

Contact - Michael Hooke

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Web: [ASPL Coach Profile](#)

This capability statement demonstrates our dedication to delivering proven, high-impact solutions for government and private clients seeking performance and transformation.