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PERSONAL INFORMATION

Place of birth: Cardiff, Wales, UK Date of birth: August 31, 1965. Lives: Cardiff, Wales, UK

EDUCATION

HND in Film and Television Design-University of South Wales 1984-1986
BA Degree in Humanities and Social Psychology-The Open University 1989-1991
Certificate in Drama Therapy-Worcester College of Higher Education 1994-1995
MA in Mindfulness Based Approaches to Health, School of Psychology, Bangor University 2004-2010

PROFESSIONAL EXPERIENCE

1991-1994

Production Manager, Set, Sound and Lighting designing with Cwmni'r Fran Wen Theatre in Education Company

1994-

Applied Theatre Consultant for Trainings, Workshops, Conferences, Mentoring for different Companies, Universities, Schools

1998-2004

Co-Director of Theatr Fforwm Cymru an educational charity, established in 1993, working with young people in order to provide the opportunity for them to explore and discover the skills and confidence to move forward in their lives. Led on Development and Fundraising for the first National Legislative Theatre Project "Rehearsal for Reality" funded by Welsh Government

2000-

Artistic Director and Manager of Theatr Cynefin with over 25 Sensory Labyrinth Theatre productions: Denmark, Portugal, Bulgaria, Italy, Venezuela, Serbia, Estonia, Romania, Hungary, Austria, Belgium, Wales www.cynefin.org

2005-

Mindfulness Teacher accredited for Mindfulness: In Schools, Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT)

2009-

Director of Research and Practice for The Republic of the Imagination <u>www.troti.org</u>
Direct and Coordinate a Network of 15 international organisations using CoArts approach.

2015-

Drama Tutor - Plas Dwbl College (Ruskin Mill) Theatre workshop with Shakespeare with young men with special needs and behavioural difficulties

FILMOGRAPHY

2009-2010

"Moments, places, journeys" Short film - Director

"How to Build a Yurt" Short Documentary - Director

"Don't Go Back To Sleep" Feature Film - Director and co-writer

"Last Class" Feature film - Director and co-writer

SKILLS AND COMPETENCES

Trainer/Expert of Theatre of the Oppressed: Forum Theatre, Legislative Theatre, Rainbow of Desire, Image Theatre, Invisible Theatre

Creative Wales Award 2006 for Sensory Labyrinth Theatre

Originator of CoARTS approach used by companies in over 15 countries and in different projects of EU programs with young people

Open Space Technology Conference facilitator

Chi Kung Teacher

IT- Microsoft Office, Wordpress, Photoshop, Premier Pro, Final Cut Pro, Quickbooks

POSITIONS

National Advisor - Arts Council of Wales; Advisory Panel - National Youth Theatre of Wales; Board Member - Voluntary Arts Wales (2000-2006)

LANGUAGES

Welsh and English