

About

I am passionate about creating spaces where people feel empowered to create change, which I do through my roles as Coach, Trainer and non-formal education Facilitator. I have extensive experience working nationally and internationally in the educational sector, third sector and with youth work organisations.

Experience

Coach and Facilitator [Mar 2023 – Present]

The Curious Path (Training Facilitation and coaching)

- Supporting young people and adults navigate challenges in life and during their education journey through 1:1 Coaching, group coaching and non-formal education workshops

Events Officer P/T [Jun 2023 – Dec 2023]

Volunteer Ireland, Republic of Ireland

- Delivery of the 2023 Volunteer Ireland Awards, including managing contracts, budget and nominations process

Trainer and Facilitator – Freelancer [Jan 2022 – Present]

OIP Posedjon, Croatia

- Creating, organising and supporting training workshops and non-formal learning projects for young people to participate in youth work activities, and training programmes for youth workers and scout leaders

Volunteering and Civic Engagement Manager [Dec 2016 – Present]

University of West London

- Developing and implementing the strategy and operational planning of the Volunteering Service projects, events and activities across the Institution; including partnership with local communities, academic school engagement, creation of innovative schemes and producing reporting processes.

Co-Founder and Director [Jun 2019 – Present]

SPEAK London (SPEAK.Social)

- Establishing the start-up that connects migrants, refugees and locals through a language and culture exchange program; Business development and management.

General Manager [Aug 2015 – Oct 2016]

One Dance UK

- Membership development; CRM system implementation and administration; Financial management and reporting.

**Conferences
Workshops
Training Facilitator**

- **“Games are not just a Game”** week-long training – Trainer; KA1 Erasmus+ Marttinen youth centre, Finland (02/2022) (05/2023)
- **“Training Links – Digitalisation and Volunteering”**– Workshop Facilitator; Volunteer Ireland National Conference (04/2023)
- **“Once upon a time.... There was a young person”** MasterClass – Facilitator; Volunteer Ireland National Conference (04/2022)
- **“What have student volunteers ever done for us? Bursting the myths and stereotypes”** – Co-Facilitator; AVM National Conference (10/2021)
- **“Are we there yet? Buckle up and enjoy the ride!”** workshop – Facilitator; Volunteer Ireland (09/2021)
- **Are hybrid programmes here to stay? Where are we heading?** –Facilitator; SVN national conference (09/2021)
- **Irish and UK Volunteering: the similarities and differences**– Speaker; SU21 Digital (07/2021)
- **“Making it Stick”** Masterclas – Facilitator; Volunteer Ireland National Conference (04/2021)
- **Employability Webinar**– Speaker; ESN UK (11/2020)
- **How sustainable migration can lead us towards a better post-Covid world – Opportunities and challenges of global mobility** – Speaker; SPEAK Social (09/2020)
- **“Let’s Get Online – Facilitating online sessions”** – Facilitator; UKSVN National Conference (08/2020)
- **Generation Change – How student volunteers can transform your work** – Speaker; ‘Back to School’, AVM (09/ 2019)
- **‘All that SAS (Skills Analysis Sessions)’** – Facilitator; UKSVN National Conference (08/2018)
- **‘Volunteering and its role in the TEF’** – Facilitator; UKSVN National Conference (08/2017)

Volunteering

Engage, Engagejournal.org, International [Jan 2022 – Mar 2023]

- Co-Editor (Voices)

UK Student Volunteering Network (UKSVN) [Feb 2017 – May 2023]

- National Chair

We Make Change, International [Feb 2021 – May 2021]

- Project Coordinator

Brentside Highschool, Hanwell, London [Dec 2018 – June 2020]

- School Governor

Professional development

- **Leading with Change**, Association of Volunteer Managers (05/2020)
- **The Power of Non-Formal Education**, Erasmus+ (06/2019)
- **Volunteer Impact in the Community**, AVM (11/2018)
- **Volunteering in the 21st century**, Rob Jackson Ltd. and AVM (09/2018)
- **Trends in volunteering research**, NCVO (06/2017)
- **Outcomes and Impact Measurement**, NCVO (03/2017)
- **Agile Fundraising**, One Dance UK (11/2015)
- **Supporting International Volunteering**, IMPACT International (12/2014)
- **Prince2 - Foundation and Practitioner**, AFA Project Management Consultancy (06/2014)
- **Women's Aspiring Leaders Programme ASPIRE / NUS**, (06/2014)
- **Managing Volunteers / ILM endorsement**, DSC (11/2012)

Education

MA Contemporary Performance Making (Merit),
Brunel University, London [Sept 2010 - Sept 2011]

BA in Dance (2:1),
University of Human Kinetics, Portugal [Sept 2006 – Jul 2009]