

C.V.

Sustainability

My career in sustainability began after I graduated from Bath Spa University with a degree in Global Futures in 1999.

The main focus of the course was Agenda 21 and the implementation of Local Agenda 21 – a UN blueprint for a sustainable world. My main area of interest was futures work, global food systems and community development – strengthening the potential for bottom up solutions by empowering people and communities while supporting connections between all levels of a human system, that were solution focused and rooted in integrity.

Alongside this learning, putting my hands in the soil, growing food and getting involved with community gardening and permaculture was important to me.

After leaving university I freelanced in a number of roles supporting sustainable projects:

- Association for Sustainability Practitioners – involved with community development becoming a co-director in 2009
- Schumacher Institute – part of the project development team and a mentor for sustainable career change
- Converging World – developing workshops for Cop15
- Alastair Sawday – main researcher and co-writer for ‘Bristol Guide for Green Living’
- Somer Community Housing – creating and delivering a community food growing project - ‘Bountiful Balconies’
- Setting up and running environmental and gardening workshops on two allotments where I grew food with my children
- Supporting a youth led social and environmental group ‘Green Vision’
- Working in collaboration with Synchronicity Earth – nature facilitator for ‘Paw Prints’ which was an ecological catalyst project, where children from around the globe aged between 5 and 11 explored nature in their backyard recording their adventures and stories and sharing these

Continued Professional Development

Continued professional development:

- Moving through the ‘Gaia Leadership Course’ run by the ‘Gaia Coach Institute’ – this led to my taking the gap year that turned into three, to discover what was happening on the edge of

sustainability (permaculture teaches us that the edges are the places where lots of interesting/ progressive things are happening).

- Working with two eco-projects and a green university, partially funded by the EU, to discover new ways of thinking and to skill share - Embercombe, Schumacher College, Ecodharma.
- Working with Theory U and taking part in the first online programme that connected people working in sustainability at all levels across the globe – Theory U is a model developed by Otto Scharmer during two decades of action research at MIT.
- While at Embercombe I moved through their Leadership Apprenticeship. Embercombe was founded by Mac Macartney an international speaker, writer and Change-maker, the leadership apprenticeship grew out of his “twin trail” of leadership (the inner trail of self-understanding, self-unfolding, and deepening; and the outer trail of having powerful effect in the world). Embercombe inspires organisations to serve people and nature first. This was a year of learning and growth on many levels. Mac shared many deep insights and learning opportunities; one day he said “It’s how we bring ourselves”. This mirrored what Scharmer’s ‘Theory U’ training focuses on – the inner space from which we perceive, communicate and act determine how things turn out in our lives and our world. While at Embercombe I trained as a Performance coach.
- Trained as Solution Focused Hypnotherapist (the Solution Focused approach to hypnotherapy brings together Solution Focused brief therapy with relaxation techniques to shift the brain from beta to theta in order to reduce stress levels and change unhelpful subconscious patterns).
- Trained in Ayurveda which introduced me to a model that lays out really clearly how we can change the ‘way we bring ourselves’ by changing the nature of our mind through our choices, and in the process create the conditions for a healthy life, living in balance with nature.

Recent

During these three years I healed 15 years of digestive issues with an Ayurvedic approach, this along with this three year journey of experiences, is what led me to retrain in Ayurveda on my return, in order to bring my interests in food, health, community resilience and care of the planet together – Ayurveda views both personal health and health of the planet as intimately connected.

On return I discovered a cure for the PTSD I had been living with throughout my adult life. The success of this was so profound I went on to train to support others with stress or stress related symptoms.

While I retrained I started to write a book - Your Peaceful Belly, which I have now published. The sales of this book raise money for urban community food projects, regenerative agriculture, and a Tibetan Buddhist charity I’m involved with.

I am currently studying for my Permaculture a design Certificate and applying this to the design of a business I’m setting up called ‘Your Peaceful Belly’ - one third of the profits will support urban

community food projects, regenerative agriculture and a Tibetan Buddhist charity I'm involved with. I am also applying permaculture design to my marketing strategy - permaculture design principles can be applied to anything in order to ensure sustainability, this includes our own lives, businesses, projects and campaigns.