



Personal statement

I am an experienced facilitator, trainer and public services consultant, with a focus on group and team dynamics, relationships-centred approaches, meaningful engagement and values-based work. A biologist and systems thinker by training, I am skilled at holding the wider picture while bringing attention to detail, with a head for systems and processes and a heart for people and relationships. I weave empathic facilitation and compassionate communication skills through my work. I am interested in complexity, resilience, leadership, nurturing diversity and building community, innovation, continuous learning, and kindness.

Professional experience

Public services consultant (freelance) (2015 to present)

Working across public services with statutory organisations (national and local governments, public bodies and public boards) and voluntary organisations (charities, not-for-profits and universities), to embed asset-based and relationship-centred practices for more inclusive and citizen-centred services. Consultancy, training, facilitation, coaching and mentoring at all levels, from frontline delivery to strategic teams; focusing on co-production and involvement, engagement, and collaboration; supporting innovation, transformation, and professional / team / organisational / social change.

Independent practice, and associate of Co-production Lab Wales, Tai Pawb, Platfform.

Co-founder, executive director (Co-production Network for Wales) (2012 – 2024)

Initial involvement on a voluntary basis (2012-2016) in researching, campaigning, and influencing policy in Wales around co-production principles and practice. Achieving funding and developing the Co-production Network for Wales to support a community of co-production practice in Wales; creating tools and resources for members to share and spread co-productive practice; influencing the policy and legislative context; planning for the future needs of the Network after the initial funding period; establishing the Co-production Lab Wales as a commercial arm delivering consultancy and training; handing over to the new CEO a robust, self-funded and sustainable organisation, playing a key role in supporting public services and communities across Wales.

Training coordinator, associate trainer (Spice Innovations Limited) (2014 – 2016)

Developing and delivering a Time Credits community development training programme.

Strategic business coach (freelance) (2009 – 2014)

Business systems mentoring and coaching for freelancers, small businesses and charities; digital communications including website development and social media strategy.

Research associate and project manager (Modus Consulting) (2008 – 2010)

Supporting research projects in health policy, patient safety and healthcare.

- Coach and complementary therapist** (Dragonfly Holistics) (2005 – 2009)
Bodywork, energy work, and facilitative coaching for personal and professional change.
- Project coordinator** (Environment Agency Bristol) (2005)
Supporting project managers in Water Management Research and Development.
- Client executive** (ACNielsen Newport) (2002 – 2005)
Quantitative market research data analyst on Fast Moving Consumer Goods (FMCG).
- Management trainee** (Management Development Services Ltd) (2000 – 2002)
Management training and operational secondments in the fresh produce industry.

Education and training

- 2024: **Lewis Deep Democracy** (Kirros UK)
- 2024: **Navigating conflict and change** (Dialogue for Peaceful Change)
- 2023: **Art of Participatory Leadership** (Art of Hosting)
- 2022: **PACT (power | accountability | connection | trust) Pioneers Programme** (brap)
- 2022: **Journey Leadership Development** (New Constellations)
- 2021: **New Social Leaders** (Community Catalysts)
- 2021: **Values 101** (Common Cause Foundation)
- 2018: **Winter School Leadership Development** (Academi Wales)
- 2016: **Convergent Facilitation** (Center for Efficient Collaboration)
- 2015: **Advanced Coaching** (Institute of Leadership & Management, ECF Training)
- 2011: **Action Learning Facilitation** (Institute of Leadership & Management, ECF Training)
- 2010: **Open Space Technology Facilitation** (Genuine Contact)
- 2007: **Non-Violent Communication Foundation** (NVC Resolutions)
- 2005-2007: **Certificate in complementary and alternative therapies** (UWIC)
- 2005: **Counselling Skills** (City of Bristol College)
- 2002-2005: **Advanced MS Word, Excel, PowerPoint; Effective Presentations** (ACNielsen)
- 1997-2000: **MSc Agriculture** (*Ecole Nationale d'Ingénieurs des Techniques Agricoles*, Clermont-Ferrand, and Welsh Institute of Rural Studies, University of Wales Aberystwyth)
- 1995-1997: **BSc Biology** (*Classes Préparatoires aux Grandes Ecoles*, Lycée Chaptal, Paris)
- 1995: **Scientific baccalauréat** majoring in Biology (Lycée Condorcet, Paris)

Voluntary involvement

- **Data Orchard:** non-executive board member, vice-chair (2023 to present)
- **Institute of Welsh Affairs:** member of *The Welsh Agenda* editorial group (2017-2022)
- **OneTeamGov in Wales:** member (2017-2020)
- **Trade School Cardiff:** organising team (2015-2017)
- **Good for Nothing:** Cardiff chapter organiser (2013-2016)
- **ThinkARK:** member, volunteer (2010-2014)

Accolades

- **Future Generations Changemaker 100** (Future Generations Commissioner, 2023)
- **The Next Thirty: people working to make Wales better over the next 30 years** (Institute of Welsh Affairs, 2017)