



## Personal statement

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I am an experienced facilitator, trainer and public services consultant. My practice centres on the relational dimensions of civic life: how people collaborate across organisational boundaries, how teams and partnerships build trust to navigate change and complexity under pressure, and how dialogue and difference can be productive and transformative. I facilitate meaningful engagement, co-production and involvement between organisations and the communities and people they serve. 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 throughout my work. My ongoing curiosity spans complexity and systems thinking, leadership and social change, inclusive community-building, and the practice of kindness in professional life.

## Professional experience

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**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 social change. Consultancy, training, facilitation, coaching and mentoring at all levels, from frontline delivery to strategic teams.

*Also associate of Co-production Lab Wales, Tai Pawb, Plattform, and Social Firms Wales.*

**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 around co-production principles and practice in Wales. Subsequently achieving funding and developing the Network to support a thriving community of co-production practice; creating tools and resources; influencing the policy and legislative context; establishing the Co-production Lab Wales as a commercial consultancy and training arm; and handing over to the new CEO a robust, self-funded and sustainable organisation with 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

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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

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- **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, event volunteer (2017-2020)
- **Trade School Cardiff**: organising team (2015-2017)
- **Good for Nothing**: Cardiff chapter organiser (2013-2016)
- **ThinkARK**: member, project volunteer (2010-2014)

## Accolades

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- **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)