



SPECIALISMS:

- Coaching and mentoring
- Managing and Supervising people
- External Management Supervision
- Leadership/New to Management Skills/Management Refresher Training
- Communication Skills
- Self Management (Time and/or Stress management)

WORK UNDERTAKEN OUTSIDE THE VOLUNTARY SECTOR:

Mentoring Managing Directors of Small Businesses
Providing training to support dignity at work and Bullying policies with NHS

WORK EXPERIENCE:

Over 30 years of working in the Scottish Voluntary Sector and now a freelance consultant in the Voluntary Sector in Scotland, mainly in the field of community development, social welfare, health or personal development. Has been an Assessor for a number of grant making bodies. My volunteering has included work with telephone helplines, listening by letter, and I am at present a trained Independent Advocate. Part-Time Teaching Fellow with the University of Dundee (Communication Skills) and a Consultant with the University's Staff Development Programme. I collaborate with other MDNS members on larger pieces of work such as Feasibility Studies and External Evaluations.

GEOGRAPHICAL AREA COVERED:

Scotland in the main.

QUALIFICATIONS:

B.Sc in Science
Post Grad Diploma in Teaching in Higher Education
Diplomas – Advanced Professional Stress Management - NLP
Chartered Member of CIPD
Upholds the principles of the National Counselling Society
Senior Registered Counsellor - British Register of Complementary Practitioners

OTHER INFORMATION:

Associate Trainer Age UK