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CAREER OBJECTIVE:

“With my extensive background in community work, wellness, and climate breakdown I aim to further my expertise and passion as an agent of change. I am interested in the interplay of economics, emotion, nature and society.

I am currently exploring ways to ensure my career is sustainable on a long-term basis. I thrive on a challenge, responsibility and innovation.”

PERFORMANCE STRENGTHS

- Confidence in dealing with people, excellent communicator, media liaison
- Proven manager, self-motivated, networker
- Patience, quick thinking, versatile.
- Desire to work hard and achieve – dynamo!
- Passion for sustainability and wellbeing
- Genuine team worker fostering respect among people
- Warmth of character, empathetic
- Strong, confident public speaker; passionate educator

CLIMATE RELATED COMPETENCIES

- A general overview of the emissions trading scheme and current legislative processes
- An ability to deliver educational sessions on basic climate science, sea level rise and personal responses to climate change
- Personal psychology - despair to empowerment - processes
- A deep understanding of the serious nature of this predicament.
- A support team of highly experienced politicians, legal advisors and business people.
- Ever-developing, visionary leadership skills

QUALIFICATIONS & TRAINING:

- Diploma in Clinical Herbal Medicine – graduated Dec 2001
3 years full time study with Canterbury College of Natural Medicine, Christchurch

Subjects studied philosophy of herbal medicine, botany, herbal horticulture, phytopharmacology, pathophysiology, herbal materia medica, biochemistry, anatomy and physiology, herbal therapeutics, differential diagnosis, client assessment skills, nutrition, business management.

- [Bachelor of Leadership for Change](#) – Otago Polytechnic – current, with a focus on our ecological crisis
- [Toro Mai](#) – Massey University introductory online course - current

Previous other study includes:

- Compassionate Practitioner Yoga Training– 3 month intensives annually for 3 years based in Australia. 2012-2014
- Victoria University – papers passed towards a BA include Introduction to Women’s Studies, Botany, Indonesia Language (300 level) 1995
- South Pacific College of Natural Therapies – Nutritional Biochemistry 2004

A Sample of Short courses :

- Facilitating Community-Led Change Workshop – with Cissy Rock of Inspiring Communities July 2019
- Natural Fertility Management Counseling
- Small Business Ownership and Management
- Freelance Journalism
- Massage, Homeopathy, Bach Flowers Remedies
- Plus many more professional development seminars etc

LINKS OF RELEVANCE

2 Degrees documentary – [vimeo link to full feature](#) running time 1:30.51

2 Degrees documentary – [Main trailer](#)

2 Degrees documentary [A few more glimpses of footage](#)

Writing samples:

[View samples of my writing on my freelance journalist portfolio here](#)

(Old!) Footage:

[Watch an interview with me on Southland TV. \(2014\)](#) I come in at 2.20 and discuss the film and what is needed to respond to the climate challenge.

[Heres a clip of me at the end of the Copenhagen COP – exhausted and dejected. \(2009\)](#) <https://vimeo.com/57108785>

Position	Key Competencies
Co-Director and Manager, Wellness Workshop NZ Ltd (Wellness Movement)	<ul style="list-style-type: none"> -Leadership; building strong relationships with a team of 12 professionals -Collaborating with these, and my co-director, to develop strategies to keep our organisation relevant and vibrant -Visioning and executing communication and promotion campaigns -Mentoring volunteers and young business professionals -Overseeing all internal communications, and also external newsletters and social media -Managing various projects within the organization – workplace wellness programs, art exhibitions, building maintenance, community outreach -We employ a manager whom I oversee and support
Self employed health practitioner	<ul style="list-style-type: none"> -Design and delivery of extensive wellness programs for my client base -All aspects of small business management including finance, filing and database, promotion, professional development -Presenting at the national conference of the New Zealand Association of Medical Herbalists and writing articles for their professional journal, Avena -Presenting community education seminars -Setting goals and priorities for myself within managing this multi-faceted business with serious responsibilities (for the health of patients) -Role modelling wellbeing for self and a deep sense of personal support for my clients
Co-Producer, co-writer and production manager, 2 Degrees feature documentary	<ul style="list-style-type: none"> -Collaboration with production team and funders with input into budgets and production strategies -Analysis of climate change policy, news & views, reports and events and decision making as to their relevance to our narrative -Developing relationships with attendees at the UN Conference of Parties climate negotiations including government representatives e.g. Ronnie Jumeau, (Seychelles) NGOs e.g. Global Witness, scientists e.g. Kevin Anderson, commentators e.g. George Monbiot, and other media and film makers. -Extensive research into funders, NGOs and film industry distribution channels -Coordinating all day to day logistics for film crew including visa, accommodation, wellbeing, contracts -Overseeing travel arrangements and operating in various time zones, cultures, currencies and language often changing at short notice -Engaging with local communities, often in remote locations to find locations, interviewees and relevant local issues -Often making hard, fast decisions on the spot in a pressured, high level environment -Massive communication role – verbal and written

EMPLOYMENT AND EXPERIENCE:

- 2017-current Founder & Co-Director – Wellness Movement
- Nelson’s newest urban home to a collective of 12 health and movement professionals. See www.wellnessmovement.nz. Wellness Movement arose from my vision. I continue to have a hands on directorial and management role.
- 2016-2019 Co-Founder & Director – The Nelson Herbal Dispensary
- Offering the public as well as practitioners of herbal medicine, an easy to access herbal dispensary and providing free advice and health support for everyday common ailments with safe and effective over the counter herbal medicine.
- 2001-2008 & 2013-2019 Natural Health Private Practice
- Self-employed in a successful private practice “Contemporary Plant Medicine and Sustainable Wellbeing”. Offering Herbal Medicine, Natural Fertility Management, nutrition & lifestyle advice. Approximately 800 clients on books.
- 2009-2014 International Film Production and Management
- 2 Degrees is a feature length documentary film examining climate change through the lens of climate justice and community engagement. Produced for cinema and television. Shot in Europe, USA, DR Congo, Amazonian Ecuador, Panama, Trinidad & Tobago, Norway and beyond. Attended most of the UN climate change negotiation meetings, including COP 15 in Copenhagen, and also the UN General Assembly in New York. Managed a small film crew and many associated logistics including setting up interviews with heads of state and dignitaries. Please view at [this vimeo link](#)
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- 2017 Physiotherapy Assistant, Nelson Hospital, NMDHB
- 2005 –2006 Village Health, Richmond Mall. Manager. *Business grew from staff of 3 to 7 and turnover almost doubled under my management.*
- 2007 Health and Wellness Advisor, and Naturopath/Herbalist, Chiva Som International Health Resort, Hua Hin, Thailand.
- 2002 The Nelson Women’s Employment and Training Trust, supporting unemployed women in returning to the workforce. Networking with community agencies and developing strategies to reach target clients.

1998	Nelson Environment Centre, Researcher. Providing information for various environmental education programs.
Oct 1998	Nelson City Council Electoral Candidate
1997	YWCA Wellington. Careers Facilitator. Developing and presenting workshops, 1 to 1 counselling, liaison with community groups and schools
1994 – 1998	Moontime Aotearoa. Founder, Manager. All aspects of small business management, women's education, conducting workshops
Oct 1995	Nelson City Council Electoral Candidate. Polled 14th from 27.
1995	Dept. of Conservation, Nelson. Campaign Coordinator, Conservation Week – research & community liaison
1992-94	Nelson Environment Centre. Coordinator, Part time - administration, research, publicity, school's liaison
1991	Greenpeace International Sea Turtle Campaign. Project worker in Bali. Research assistant in Australia
1990	Rainforest Education Roadshow. Coordinator National tour of secondary schools presenting environmental issues and ideas for action

Prior to 1990 I worked as a technical assistant at the Phillip Island Penguin Reserve, National Parks and Wildlife (Australia), assisted with liaison, research and translation with Project Soma, an ethnobotanical research expedition, Sumatra; fished in Alaska, worked for the NZ Alpine Club as hut warden and the NZ Wildlife Service in the field. I spent my last year of high school in Surabaya, Indonesia on an AFS student exchange . I still speak conversational Bahasa Indonesia.

Referees:

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