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**Profile**

I am a 4-times award winner and qualified Coach, Tutor, Administrator, Musician, Stress Management Practitioner and Roving Safety Rep. Thanks to receiving a bursary from Help Musicians via the British Association of Performing Arts in Medicine (BAPAM), I recently studied for and attained: a Level 3 in Counselling Studies and Childcare and Education; Safeguarding Young Persons and Children, Safeguarding Adults; Level 2 (in Food Hygiene and Safety) and various other qualifications i.e. Biting in Early Years, Characteristics of Effective Teaching and Learning, In The Moment Planning, Child Protection, FGM, Introduction to the EYFS 2021, First Aid and The Prevent Duty and British Values. I co-authored ‘Be Connected, Stay Connected’ with Simon Edwards, that was commended by the Chairman of Governors of the London Business School. My training and qualifications include: Music (to Degree level); Diploma in General Management; Teaching Award (Level 3-City & Guilds), Paediatric First Aid (Level 3), Administration (Level 3), Health and Safety, Stress Management, SEN Teaching Assistant and Coaching (Level 2) with various i.e. top 10 (in the United Kingdom) authors, counsellors, experts and coaches. I have studied, worked and/or lived in the United States, United Kingdom, Caribbean, Spain and Scotland.

**Employment History and Professional Experience**

**Freelance Tutor, Consultant Coach, Project Designer and Facilitator and Volunteer -**to present

* Designer of ‘*Song Sense’* which as a programme supports coaching skills training, music tuition, songwriting feedback, song interpretation, healing, artist development and behaviour support for all the family including adults and children with SEN, learning difficulties and disabilities.
* Designer and Facilitator of the course, ‘*Coaching via Songs*’ and ‘*The Success Through Song research project*’
* Assisted with promotion of ‘The Beat Beneath My Feet’ [with Luke Perry] for Scoop Films [2014]
* Music Tutor [Nurseries, Early Years and in Schools] – Music Story Rhymes, Music Theory, aspects of Voice and Vocal Tuition and Violin
* Coaching (1to1 and for Singers, Musicians, Children, Parents, Carers, Guardians, Music Service, Cinema, Music Industry and Business) - Music Performance, Vocal Production, Co-Production, PR, Business, Executive, Stress Management, Family and Talent, Personal and Artist Development Coaching.
* Admin, Facilitator and Co-Designer of ‘Music Story Rhymes [with several Managers and Team at Tate South Lambeth Library]. This project was provided to local nurseries and playgroups. Also, Wyvil Primary school for approximately two and a half years. (From: 4/11/2013 to end of 2016 – approx.)

 **Music Support Worker** – April 2023 to present via Centre 404 and freelanceThe support I provide involves simply preparing food and cooking meals, assisting with eating and drinking, supporting light housework, errands, visiting landmarks, libraries (i.e. The Barbican) and clubs, food shopping, music performance, singing, piano improvisation, dancing, teaching assistance and other activities.
 **Learning Support Assistant / Teaching Assistant via various agencies –** June 2021 to present

I have so far worked at six schools (three outstanding) in London, supporting children with a range of physical, learning, sensory and conditions such as autism, social, emotional and mental health needs. Some children have a combination of these difficulties.

I have also taught, coached and worked with gifted and talented children via voice and vocal coaching skills for their presentations.

A key aspect of my role is to identify individual needs and be responsible for creating a safe stimulating and supportive learning environment.

My responsibilities include the following:

* Collaboration with the class teacher to define appropriate activities for the pupils in relation to the curriculum
* Teaching individuals or small groups of pupils within, or outside the class
* Preparing lesson resources
* Supporting with assessing work, reading, resilience and music performance
* Manage behaviour

I supported a severely autistic child at his school, via music and activities, as they support relaxation, sleep, movement, stress and anger management, neurological and physiological health, language and numeracy, communication, connection and development via the five senses.The music activities I facilitate are varied and begin with what the child enjoys. For example, instruments, nursery rhymes, percussion, drums, movement, dancing, recorders, singing and recorded music for comprehensive development. I have supported children in Nursery, Reception and Years 1, 2 and 3.

I was praised by a consultant from Learning Tree (Donnie Morrison) for my approach to supporting children as a Teaching and Learning Assistant.

 **Customer Services Assistant, Picturehouse Cinemas -**May 2016 - October 2020

I was part of a team who:

* took care of the customers by providing and delivering a professional, helpful, high quality service.
* aimed to meet the needs and desires of the customers
* had to always be prompt, polite and professional
* provided the following - Ushering, Box Office, Kiosk and assistance in the Bars and Cafe

I also received several lovely testimonials in this role that are available to read on request.

As well as being a Customer Care Assistant at Ritzy, my role included the following assistance as a Consultant Coach and Trainer/Training Buddy. I supported:
-HR - for several years with feedback and ideas to improve revenue, performance and image.
-by providing Health and Safety feedback

-various senior members of the team - between Ritzy and Head Office when they asked for feedback / assistance

-as Training Buddy - This initiative was co-ordinated by one of the Duty Managers at Ritzy

-Ritzy as its Membership Champion [Jan – Mar 2020]

When I was the Membership Champion, there was a 25% increase in the number of memberships sold compared to previous year, and 38% increase in sales.

 **Activities Coordinator, Home for Older Persons [Pt time – 25 hours]** -June 2014 – April 2016

* Created, designed and facilitated activities for older persons [with Alzheimer, Dementia and mental health challenges]
* Fundraising assistance provided to the Fundraising Manager. I assisted with increasing revenue and number of donors. Our combined fundraising efforts raised £500,000.
* Assisted other departments – including Admin, Kitchen, Reception, Care Assistants, Marketing, Management and Music Therapeutic Assessments
* Admin, Facilitator and Designer of ‘Music, Singing & Lyrics Method’, aka MSL method, which is a fun, safe and enjoyable programme that assists with activities, learning and development, relaxation, movement, discussions, quizzes, poetry, stress management. A copy of the case study is available on request; MSL also helps to reduce stress, distressed behaviour, balance emotions, recall memories and improve inter-personal relations. MSL is currently being considered by the Alzheimer Society’s Improvement programme team. It received praise from the Brendoncare CQC report of March 2016. Extracts from the CQC report are available to read on request.
* I performed [violin] and facilitated 1to1 and group sessions
* I supported various members of staff as a Consultant Coach. Some have gone on to win an ‘Extra Mile’, ‘Aiming High’ and/or ‘Oomph! [Exercise via Music] Awards.
* In February 2016 I received an ‘Extra Mile Award’ for going the extra mile to make a difference to the lives of older people at Brendoncare. I was also shortlisted for the ‘Aiming High’ award that my Supervisor won.

**Administrator and Consultant Coach, Goal Group PLC. – and Lambeth Music Services** -June 2009 & Apr 2012

* Assistant, Infant Music Tutor [St Stephens Primary School] and Consultant Coach for the team at Goal and Tutors and Students via Lambeth Music Service
* Supported improvement of Administration, Wellbeing and Performance [including research]
* Share value doubled in six months at Goal
* Goal went on to open new offices in Australia and Hong Kong

 **PA, Sadler’s Wells and Turner Broadcasting London [**Oct ’08 – Mar ‘09]

* Assistance provided as a Transcriber for a series of lectures by Choreographers and Theatre Directors held at Sadler’s Wells (which required accuracy)
* Receptionist, Turner Broadcasting

**Editorial / Personal Assistant, Channel 4, 124 Horseferry Road, London SW1P** Aug ’07 – May ‘08

* Worked for various heads of department (at least 16) – including the Head of Film 4, 4Music, The Viewers’ Editor and of Group Finance
* Diary management, arranging meetings, travel and office management
* Research for The Viewers’ Editor, vetting language on various programmes for Daytime and Factual Entertainment. Supported as Wellbeing Researcher for members of various

Departments - including Sports, Current Affairs, Factual Entertainment, Tax and Diversity.

* Minute taking and proof reading [also for the Head of Project Planning].

***Prior to this I worked as a PA, Secretary to Head of Tax and Accounting at British Land Company PLC and Freelance Violinist for various orchestras including the BBC Scottish Symphony Orchestra, Scottish Ballet and Scottish Opera.***

**Education and Training**

* **Degree:** BA Music Performance
* **Diploma:** Basic Management
* **PTLLS Teaching Award**
* **Certificates:**  Level 3 Certificate in Counselling Studies; Level 3 Adult Literacy and Numeracy (Passed with Higher Distinction); Level 2 in Safeguarding; SEN Teaching Assistant; Oomph! [Exercise Leadership]; Cognitive Behavioural Coaching (Level 2); Stress Management (Primary Certificate); Pitman Level 3 in Administration; NVQ 3 in Information Technology; SVQs [Scottish Vocational] Qualifications] 1, 2 and 3 in Financial Record Keeping; Certificate to use Sensory Room for persons with special educational needs [also supports ‘Cognitive Behavioural Coaching and Stress Management’]; Health and Safety training for 7 years; Grade 8 Violin (Distinction); Grade 8 Theory; Orchestral Studies; City & Guilds in Video (included some Directing); Studio Production x 2 (Music); Grade 7 Singing (Merit); Grade 3 Piano.
* **Other Skills:** Typing Speed: approx. 70 wpm; Computer: PC and MAC; Packages: Microsoft Word, Excel, Intermediate PowerPoint, Access, Outlook; First Aid Training [2018]; Paediatric First Aid Certificate (online - 2022); Manual Handling etc.
* **Courses:** Introduction to Coaching; The Music Industry; Workshop Leadership, Violin and Music Coaching Skills.

**Key Achievements**

* Researcher and Assistant for various (including research of 10 ‘feel good’ songs for a book by the award-winning author, Gladeana McMahon – who is also the GMTV and Channel 4 Stress Coach. Gladeana is also one of the Professors I studied Coaching with
* Assisted and supported various including Directors, CEOs, Managers, other Coaches, Consultants, Teachers, Celebrities and Trainers, re. Performance, Management, Development and Wellbeing. Also, supported Music Industry [including musicians, singers, songwriters, composers, band members, engineers and producers] - from classical musicians to rock, with a high number gaining 'distinction' in their grade examinations; winning awards/place at good school, featured on films, adverts and employment with artists and celebrities.
* Author of Verse Eden [published via Blurb] and Co-writer with Simon Edwards of the mini-guide, Be Connected, Stay Connected (2005-2006) - commended by The Chairman of Governors at The London Business School
* Finch, F [2016] ‘Lessons in Love’ [article] - published by multi-award-winning Hollywood actress, Kimberly Elise
* Co-designer of Music Story Rhymes with Tate South Lambeth Library. Recently invited by the Early Years Alliance to consider a collaboration with the Sunday Times re. a feature about Music Story Rhymes.

**Awards and Competitions**

* Temp of the Month

- from Career Moves Group for my work as a Personal/Editorial Assistant at Channel 4

* Dunbar Gerber Recital Prize - (violin and piano)
* Extra Mile Award
- for going the extra mile to make a difference to the lives of older people at Brendoncare. I was also shortlisted for the ‘Aiming High’ award that my Supervisor won.
* Chamber Music Prize

- with my String Quartet whilst a student at The Royal Scottish Academy of Music and Drama

**Hobbies and Interests**

* Good causes; Travel; Music; Writing [various] including music, lyrics, songs, articles and stories; Film; Coaching; Teaching; Education; Drama; Conducting research

**References**

* Refences are available on request.

**More Information**

* More information is available on request and to read via the [*www.gyreentyp.com*](http://www.gyreentyp.com) website – in particular via the Services Available, Testimonials, Biography and FAQs pages.