

My Achievements / Successes

Books:

- The Art of Birth
- Irresistible Birth
- Womb to Thrive - Wrote a chapter in this best selling book
- The Lancet - Published Abstract
- Health Expectations - Published paper

Art Exhibitions

- Houses of Parliament - Tomorrow's Child Art & Science Exhibition (curated & exhibited)
- 80 personal national and international art exhibitions

Summary of my Creativity

- Exhibited extensively in the UK, abroad and in the Houses of Parliament
- Printed on many products, fashion and power statement cards
- Featured on the front cover (and inside) of The Art of Birth & Irresistible Birth book
- Featured in the book Musings on Mothering by Teika Bellamy, plus on other books and a cd covers
- Illustrates different blogs and articles all over the internet
- Accompanies articles in Juno magazine
- Represented in We'Moon Diary and Earth Pathways Diary (both art and poetry)
- Decorated the walls of a leading hospital specialising in Neurorehabilitation
- Exhibited on a pilot programme for HBO USA starring Ewan McGregor
- The Art of Birth book was reviewed in Juno magazine
- Many published articles including The Mother magazine and Juno magazine
- My short Film won 3rd prize in the Nottingham film festival, appeared on TV and showcased in the Portobello Film Festival
- Co chairman of Ashdown Arts (local art group), curating exhibitions for several years
- Member of the organising committee for our local Music, Art and Culture Festival
- Curated a large community exhibition for the festival in 2014
- Co-curated and participated in the Tomorrow's Child exhibition in the Houses of Parliament
- Curated the Birthing a Better Future Art & Science Exhibition (including my art work)
- Co-created and Partnered on The Early Years - A Window of Opportunity, India
- Advisory Board for Champions Project with Prof. Monica Lakhanpaul, UCL, London

Work Experience

2016 - to date

Founder and Executive Director of a non profit organisation called Zero2 Expo that created the Birthing a Better Future Art and Science Exhibition (by Zero2 Expo) to raise awareness on Child Health starting from conception – the 1001 Critical Days.

After the positive response to our successful pilot exhibitions at the Houses of Parliament (2016) and the John Radcliffe Hospital, Oxford (2017/18), it encouraged us to develop the

exhibition further and make plans to take it nationwide. Building on these two exhibitions, our revised portable exhibition model shines an even clearer spotlight on the importance of these first 1001 days, in a compelling, engaging and accessible way that lends itself equally to senior level policy makers and budget holders; local practitioners; **parents** and the general public.

The Lancet has published an Abstract of the exhibition evaluation stating nearly 80% of people who saw our Oxford exhibition found it had an effect in raising awareness about the 1001 days. Visitors expressed how they found the exhibition informative, educational, moving and inspiring, even prompting changes in behaviour.

2015 - 2016

Member of organising committee for the Tomorrow's Child Art and Science Exhibition showcased in the House of Commons, London. It was a creative and scientific response to the cross party manifesto: 'The 1001 Critical Days - Conception to Age Two Period'. I was also a participating artist in the exhibition. I have been continuing this work under the new name of Birthing a Better Future hosted by Zero2 Expo.

2013 - 2019

Worked as a change management consultant for a large Neurorehabilitation hospital in Kent, responsible for creating positive change in the business by setting in place different strategies including:

- Analysis of organisation and company structure with full report of my findings
- Proposed potential changes
- Created and coordinated a cohesive senior management team
- Coached director and arranged succession planning
- Redesigned employee job descriptions and induction procedure
- Redesigned company logo and organised total rebrand
- Created staff training groups and senior managers coaching/mentoring
- Reformed and enhanced overall company

2007 - to date

Art Psychotherapist seeing individual clients, running groups and workshops.
Creator of The Art of Birth classes to support pregnant women.

My work at The Raphael Hospital

Acting Manager of the Special Care Unit

- Got the unit temporarily back on tracks and motivated the staff
- Tried to sort out a manager and get RH Nurse manager to oversee the unit
- Created a team leaders handbook
- Created a Key Worker check list
- Updated the policies & procedures manual
- Created a list of activities, bought games and empowered the rehab assistants
- Created Movie Night and researched a list of suitable movies
- Sorted out the laundry situation

Interviewed all main staff, listened to their feedback on RH

Offered a company structure enhancement and full report of my findings

Drew up a proposal of potential changes to RH

Encouraged Director to document her job description, role and duties in detail and create a manual... this was a slow process.

Job Descriptions

- Helped all departments to re-write their job descriptions
- I went through all job descriptions to check and wrote some up myself
- Got them formatted to all look the same
- Helped Director to write other job descriptions: facilities manager, maintenance, kitchen, cleaning and estate manager

Induction Redesign

- Bought DVD's to aid induction
- Brought in Expert to lead the induction process and write templates
- Empowered member of Admin team to lead the initial two day inductions
- Kept up to date with it to make sure it works

Redesigned Company Logo Project and Rebrand

- Liaised with designer and coordinated the creative process
- Lengthy discussions with Directors re logo, design, colour, purpose etc

Rebranding Project and Website

- Liaised with designer on design, layout, content etc
- Liaised with consultant re content
- Wrote the content

Organised photographer to take photos of building for website and brochure

Organised Raphael Hospital trademark

- Researched all about trademarks and around the key words Raphael, hospital, etc
- Filled in the application form
- Monitored its progress

Domain names

- Researched various domain names
- Purchased domain names
- Set-up Director with a 123-reg account

- Made sure he got the RH domain name transferred from previous web host
- Organised Pople to host in the meantime

Created Wednesday talks/training on Anthroposophy

- Organised weekly talks, finding interesting topics and people who could teach them

Senior Management Team

- Brought together the senior managers and created a senior management team
- Coordinated SMT meetings
- Thought of innovative ways to start off the process/meetings
- Enabled staff to speak freely about how they experience the organisation and how we can change and move forward, giving helpful suggestions

ILM/Coaching/Mentoring

- Brought in coaches to train and support the staff especially in Leadership and Management
- Liaised with coaches to set up training, advised on what was needed and who needed it

Coached Director to try and see things with fresh eyes

Arranged Succession Planning for Director with Coach

Estate Manager

- Encouraged Directors to employ an estate manager
- Arranged advertisement and helped with interview
- Supported estate manager to understand directors perspective

Encouraged the recruitment of a Ward Clerk

Supported Directors to train a member of staff for Facilities Manager which has been changed to Hotel Services

Therapies Coordinator

- Brought the therapists together and encouraging them in their work

Supervisor to Therapists

- Give monthly clinical supervision to therapists

Therapist to one Patient

General Manager to all of RH!!!

Enabled the Pastoral Care Group to Form

Organised Employee of the Month

Organised Staff Notice Board by the lift

- Set up notice board, deciding what to put on it and making sure it looked ok
- Took pictures of staff for notice board

Organised Long Term Service Acknowledgement Gift

- Researched ideas and who was eligible for it

'Available' to troubleshoot at other business (Swanborough Services), Brighton

- Interviewed staff
- Initiated relevant changes

Gave an Art therapy workshop for the families

Researched Anthro Nursing course and Rhythmical Massage training

- Tied to build a connection with Emerson nursing and RM course with RH
- Looked into ways to create our own trainings

Had an idea about offering eLearning courses for Anthro professions with qualifications such as:

- Rhythmical Massage
- Nurses Training
- External Applications etc

Holding in mind all staff at the RH making sure that they are all given support so they can work properly. Counsel ALL staff on a regular basis and be the conduit between staff and Directors!

Exhibition History

- 2021 - December - Christmas Art Exhibition - Forest Row, UK
- 2021 – March – The Early Years – A Window of Opportunity, Virtual Exhibition & Webinar, India
- 2019 - Birthing a Better Future, The Fitzrovia Chapel, Fitzrovia, London (by Zero2 Expo)
- 2019 - Birthing a Better Future, The Friends Meeting House, Brighton Festival, Brighton (by Zero2 Expo)
- 2017/18 - Birthing a Better Future, Corridor Gallery, The John Radcliffe Hospital, Oxford, UK (by Zero2 Expo)
- 2016 - Divine Feminine Exhibition, CC Exhibition, Forest Row, UK
- 2016 - Chester Art Fair, Chester, UK
- 2016 - Feminism in London Conference Exhibition (FiLiArt), London, UK
- 2016 - Tomorrow's Child Exhibition, House of Commons, London, UK
- 2016 - Oxford International Art Fair, Oxford, UK
- 2015 - Feminism in London Conference Exhibition (FiLiArt), London, UK
- 2015 - La Galleria Pall Mall Gallery, London, UK
- 2015 - New Artists Exhibition, Brick Lane, London
- 2015 - Parallax Art Fair, London, UK
- 2-15 - Sussex Creatives Exhibition, East Sussex, UK
- 2015 - Coles Exhibition, Forest Row, East Sussex, UK
- 2014 - Ashdown Arts Winter Exhibition, Forest Row, East Sussex, UK
- 2014 - Forest Row Festival (exhibitor and curator)
- 2014 - I'Klectik Gallery, London, UK
- 2014 - Stir Art Exhibition, London, UK
- 2013 - Ashdown Arts Winter Exhibition, Forest Row, East Sussex, UK
- 2013 - Women in History event, London, UK
- 2013 - Feminism in London Conference Exhibition, London, UK
- 2013 - Space Station Sixty-Five Gallery, London, UK
- 2013 - Parallax Art Fair, London, UK
- 2013 - Greenstede Gallery, East Grinstead, UK
- 2013 - Space Station Sixty-Five, Kennington, London, UK
- 2013 - Minge Fringe, Brighton Festival, Brighton Arts House, Brighton, UK
- 2013 - Lindfield Arts Festival, Lindfield, East Sussex, UK
- 2012 – A Smaller Picture, Upper Gallery, Forest Row, UK
- 2012 – Women's Mystery Camp with The Pink Tent, Sussex, UK
- 2012 – Gardner Arts Centre, Vagina Monologues & Art Show, Brighton, UK
- 2012 – V-Day event with Pink Tent, Sussex University, Brighton, UK
- 2012 – Northern Lights Event, Brighton Festival, UK
- 2012 – Northern Lights Exhibition, Brighton, UK
- 2012 – Sallis Benney Theatre Vagina Monologues & Art Show, Brighton, uk
- 2012 – International Woman's Day Exhibition, Brighton, UK
- 2012 – Pilot programme for HBO, USA (used my painting)
- 2011 – Ashdown Arts Christmas Exhibition, Forest Row, UK
- 2011 - Ashdown Arts Easter Exhibition, Forest Row, UK
- 2010 - Ashdown Arts Christmas Exhibition, Forest Row, UK
- 2010 - The Limes Exhibition, Lindfield, UK
- 2010 – Forest Row Festival Exhibition, Forest Row, UK
- 2010 - Battle Fine Art Show, Powder Mills, Battle, UK
- 2010 – Brick Lane Gallery, London, England

2010 – June – South East Open Studios (SEOS), Forest Row, England
2010 – Brighton Open House, Brighton, England
2010 – Lindfield Arts Festival, Lindfield, West Sussex, England
2010 – SEOS Preview Exhibition, The Art Room, Ashford, UK
2010 - Ashdown Arts Easter Exhibition, Forest Row, UK
2010 – Belleberry Deli, Beckenham, London, England
2010 – Art & Craft Exhibition, Craft Central, London, England
2009 – Ashdown Arts Christmas Exhibition, East Sussex, England
2009 – Chequer Mead gallery, East Grinstead, England
2007 – MA Graduation Show, University of Hertfordshire, London, UK
2005 – The Brighton Festival, Brighton, England
2004 – Body Talk, Argus Loft Basement Gallery, Brighton, England
2004 – Grand Central, Brighton, England
2004 – Eye and Image – Michael Hall Gallery, Forest Row, Sussex
2003 – Group Exhibition, Oxford Shopping Centre, Oxford, England
2003 – Brighton Artists Gallery, Brighton, England
2003 – The Brighton Festival, Brighton, England
2002 – More Angels – Infinity Café, Brighton, England
2002 – Angels – The Sanctuary Café, Brighton, England
2002 – The Art of Shopping - Brunswick Festival, Brighton, England
2002 – Inspirations of Life – Brighton Festival, England
2002 – Bali Spirits – The Café, Books etc, Croydon, England
2001 – Exclusive Exhibition for Christmas, Brighton, England
2001 – Bali to Brighton – Brighton Festival, England
2000 – Bali to Brighton – The Sanctuary Café, Brighton, England
2000 – Exotic Encounters – Brighton Festival, England
1999 - What's Inside – Tutmak Gallery, Ubud, Bali, Indonesia
1998 – SW19 Group Exhibition – Kingston Gallery, London, England
1998 – Undercoat – Gallery Not, West Hampstead, London, England
1995 – Enigma – The Cut Gallery, London, England
1994 – Moviola – Liverpool, England
1994 – Outpost – Venice Biennale, Venice, Italy
1994 – Outpost – The Old Telephone Exchange Gallery, London
1993 - The 5 Elements – Watermans Art Centre, London, England