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| Sarah Trotter A person smiling with sun shining through her hair  Description automatically generated SARAHTROHEL@GMAIL.COM+447908470924  |  | | --- | |  | | Full Career Experience :  <https://www.linkedin.com/in/sarahtrotterart/> | | **HOBBIES**  Holistic health and wellbeing  Language and Communication  Integrated Medicine  Painting with Therapeutic Practices  Embodiment practices  Teaching and Mentoring  The Spiritual in arts  Contemporary Art  Open Water Swimming  Yoga + Somatic movement  Innovative and Expressive Arts  Music and Sound therapy | | **PERSONAL DETAILS**  DATE OF BIRTH: 19/02/1989.  NATIONALITY: British.  DRIVING LICENCE: British and International.  LANGUAGES SPOKEN: British, learning Portuguese. | | **REFEREES:**  References available upon request | | |  | | --- | | About ME I am a degree educated, qualified TEFL teacher. I enjoy using my creativity to produce stimulating lessons to inspire and engage a class. I work well in a team and can communicate effectively at all levels and ages.  Alongside teaching I am a visual artist, performer, and Reiki Practitioner focused on empowering others through creative expression and devotional arts. Using somatic, embodied artistic practices as tools for healing and ritual, I invite individuals to connect with my work through their unique perspectives. My work grounds on holistic alternative services, collaboration, community building, learning, and socially engaged art practices.  With a diverse background spanning hospitality, corporate roles, schools, and universities, I have led and taught teams in inclusive environments, working with neurodiverse and neurotypical communities supporting their learning, communication, and emotional intelligence and development. I collaborate on art events locally and internationally, creating spaces for connection and interaction. In addition to my practice, I facilitate collective healing and creative development projects for children, adults, and young people of all abilities, both independently and in partnership with creatives, charities, CICs, and organizations dedicated to making a positive impact.  My background is in Surface Pattern design. After graduating, I briefly freelanced in fashion and textile design. My career has taken me across the UK, EU, Australia, and Southeast Asia, and I was raised in both Hong Kong and the UK. | | tRAINING & eDUCATION **September 2023-March 2024** [**TEFL: Teaching English in A Foreign Language Teaching,**](https://www.theteflacademy.com/accreditation/) **168 Hour Level 5 Diploma, Grade; Pass, (Qualifi, AQC, Ofqual, Worldwide DEAC accredited) Online.**  - Created lessons for a variety of levels from pre-intermediate to advanced  - Teaching speaking, listening, reading, and writing and experiential learning methods  - Material & resource creation, utilizing the internet  - English grammar and how to teach the essential language  - Needs analysis and teaching in different situations  - Classroom management and teaching techniques.  **September 2022-Present,** **First Aid, CPI Trauma Response Training, Safe- Guarding children & Vulnerable adults** **Beginner Makaton/BSL/ASL/PECs.**  - Learning alternativecommunication methods as part of Autism & ADHD awareness training  -Trauma Response Therapies: including breathwork, holistically led interventions, and practices, mindfulness, emotional and physical awareness, somatic and creative development  - Nurturing creativity and education through emotional development and intelligence.  **July 2022- June 2024**, [**Pop Member,**](https://www.plymouthoctopus.org/about-us/) **creative funding & mentoring**  **Training, Plymouth, UK.**  **January 2021-May 2022**, **Inclusive Leadership Training with a focus on inclusivity and transparency, Diversity Business Incubator, Plymouth, UK.**  **June 2021-August 2022,** [**The Devon School Of Reiki,**](https://www.devonschoolofreiki.co.uk/) **Reiki Usui Holy Fire 1, 2 & at trained at Advanced Practitioner level, Qualified and certified from 2022, Plymouth, UK.**  -Acquiring over 20+hours of case studies and gaining recurring clients (distant and in person)  -Self organized Reiki shares and healing circles.  **Jan 2021-April 2021, Short course in Philosophy and Economic Science,**  **School Of Philosophy and Economics, Online, London, UK.**  **September 2020- July 2024**, [**CAMP Artist Member**](https://www.camp-membership.org/) **Plymouth and Cornwall, UK.**  - Involved in organising and hosting workshops, exhibits, shows, and events as part of the community and wider outreach rural areas to promote connection  - Managed a Socially Engaged Art Kin with over 20 participants and organised regular meetups and creative shares.  **September 2020**, ‘**How to Create A Sustainable Business’ short Course, Arts University Plymouth, UK.**  -Learning about how to create a sustainable business, charity, organisation  -Implementing creative diversity and leadership skills  -Collating financial resources and platforms  -Integrating policies & procedures i.e Safeguarding, Inclusion, Business Plans.  **June 2019**, **Transcendental Meditation Training, Transcendental Meditation taught by the Maharishi Foundation, Totnes, Devon, UK.**  -A silent personalised mantra-based meditation teaching and modality led by tutors and teachers from the Maharishi foundation.  **July 2015, [Fashion Retail Academy, London Fashion Retail Academy,](https://www.linkedin.com/search/results/all/?keywords=Fashion+Retail+Academy%2C+London" \t "_self)**  **[Intensive Introduction course to Buying and Merchandising](https://www.linkedin.com/search/results/all/?keywords=Fashion+Retail+Academy%2C+London" \t "_self), London, UK.**  **April- May 2013**, **Artistic Volunteer for Rockcorps Company, Get Given, Sydney, Australia.**  **-**Mural painting with others with different cultures and backgrounds in a degenerative skatepark CBD Sydney Australia.  **July 2008-2013**, **Interior fashion, and textile design internships and**  **Training, Megan Park, Melbourne, Australia and Zandra Rhodes, London, UK.**  **September 2008- July 2011, Ba (Hons) Surface Pattern Design, Grade: 2:1,**  **[Higher education, Swansea Metropolitan University Swansea Metropolitan University](https://www.linkedin.com/search/results/all/?keywords=Swansea+Metropolitan+University" \t "_self), Wales, UK.**  **September 2007-2008,** **ABC diploma foundation degree in Art, Higher education, Design and Media. Plymouth College of Art and Design, Plymouth, UK.**  **September 2005-June 2007**, **Plymouth College, Further education, 2X A Levels - Art textiles, Philosophy & Ethics, 3X AS Levels including Fashion Design Technology, 10 X GCSE’s including Art, Philosophy, English, Sciences, Plymouth, UK.**  **September 1999 - July 2005**, [**St Dunstan's Abbey school,**](https://www.linkedin.com/search/results/all/?keywords=St+Dunstan%27s+Abbey+school) **Secondary school, 1 X GCSE, 7 X L.A.M.D.A awards (London Academy of Music and Dramatic Art) Plymouth, UK.**  **September 1996 - September 1999, Tavistock Primary School, Primary School Studies, Devon, UK.**  **September 1993 - July 1996,** [**St. Andrews School Primary school studies**](https://www.linkedin.com/search/results/all/?keywords=St%2E+Andrews+School%2C+Hong+Kong)**, Hong Kong.**   |  | | --- | | Experience **2020- Present, Professional Artist, Reiki Practitioner & Creative facilitator/coach, remotely, UK and Portugal,**  - Encourages empowerment through creative emergence and the devotional arts  -Exhibited locally, globally, and virtually (solo and collaboratively)  -Somatic practitioner and embodied abstract painter  -Hold space for collective healing, emotional and creative learning and development projects for children, adults, and young people with all abilities.  - Offers art workshops and support as a holistic creative coach, mentor, and facilitator  - I facilitate these sessions independently and in collaboration with creatives, charities, CICs, and organizations that share a commitment to promoting creative learning and well-being, all aimed at making a positive impact on the world.  **Jun 2023 - Jul 2024, Freelance Creative Curator and Lead Support Facilitator,** **Creative Curiosities and The Tree Project, Plymouth, UK.**  -Led and facilitated sessions aimed at promoting mindfulness and well-being for young people.  -Engaged participants through a range of activities, including play, emotional exploration, body scanning, mind mapping, art, and awareness exercises, all designed to improve coordination, learning, self-confidence, and social-emotional growth.  -The sessions were thoughtfully structured but adaptable, ensuring they met the unique needs and abilities of each child.  - Intervention practices, protocols, and procedures were consistently followed to ensure a safe and supervised environment.  **Aug 2020 - July 2024**, **Team Leader, Routeways, Plymouth, UK:**  - Lead activity sessions that promote engagement, learning, and mindful development for children and adults of all abilities, incorporating creative therapies like performance, art, craft, and chromotherapy  -I managed staff by assigning tasks that align with their strengths and skills, and foster learning through mindful communication, creating a comfortable space for participants to share their needs and abilities  -Created a safe, supportive space where children and young people can explore, play, and learn together  -Worked with individuals of all abilities (including complex needs), using play and art therapy to encourage social interaction, creativity, and emotional growth, especially during challenging times  -Helping children and young people discover how creativity can positively impact their confidence and well-being.  **Sep 2021 - Aug 2023,** **Creative Host, Real Ideas Organisation, Plymouth, UK**  **-**Trained Barista  - Guided artists and members of the public around co-working spaces and studios  -Collaborated with other artists and designers in creative endeavours.  **May 2020 - Jul 2023**, **Engagement Ambassador for the**  **AYCH Platform, transnational, EU, Global & Remote**  - AYCH is a transnational programme that provides individuals with support to develop and sustain a business/business idea with an underlying mission to create a positive impact on the world and humanity.  -I was part of a local and EU teams supporting with communications, marketing and engagement platforms at expos, team project lead meetings and driving ideas and business ideas of young entrepreneurs  -Contributor to roundtable discussions.  **Aug 2021 - Feb 2022**, **Studio Assistant, Tweeny Pottery, Ocean Studios, Plymouth, UK**  -Studio assistant in clay, potter’s wheel, firing and glaze and workshop and event assistant  -Set up and set down responsibilities  -Working with children and people with all abilities and backgrounds in school and public backgrounds.  -Assisting with ceramic workshops and events and exhibitions.  **Sep 2020 - Dec 2020,** **After School and Therapy Play Worker, Tavistock Community Primary School, UK**  - Provided a safe, creative, and appropriate play opportunities for a range of age groups  - Preparing activities, lesson plans organising programmes / themes and arranging equipment and ensuring activities are inclusive for all children to take part in.  -Ensuring the use of pedagogical approaches in childcare and education were integrated inclusively.  **May 2020 - Oct 2020, Farm Assistant, Strawberry Fields Farm, Devon, UK**  -Managing ecommerce picking sites and packing for customers online shopping  -Seasonal picking seasonal vegetables and fruit.  **Sep 2019 - Sep 2019, Artistic Volunteer, Plymouth Visual Arts Consortium Community Interest Company, Plymouth, UK**  - Helped organize the Plymouth Art Weekender info hub, overseeing exhibitions and events. Engaged with the public and collaborated with artists to encourage participation.  Full Career Record and creative career : <https://www.linkedin.com/in/sarahtrotterart/>: | | |