

RACHEL LAMBERT – Curriculum Vitae

COACH•FORAGER•GUIDE • Based in Penzance • Full driving license • www.wildwalks-southwest.co.uk

Skills and Qualities

> 'Can –do/Yes!' attitude > Practical and Creative > Team Player > Experienced Facilitator
> Inclusive, accessible approach > Self-motivated > Enthusiastic, approachable > Supportive
> Excellent communicator > Empathetic listener > Eye for detail & bigger picture > Innovative

Education and Qualifications

2006-10 Diploma: Integrated Bodywork & Movement Therapy, IBMT, Essex

2000- 02 MA: International Development and Education: Health Promotion (PASS), IoE, London

1993- 95 BA Hons: Visual Performance and Theatre (2:1), Dartington College of Arts, Devon

Employment and Volunteer Roles

2022-2025 **Learning Facilitator**, School of Social Entrepreneurs, *National*

Plan, host, facilitate 1-1 coaching, group coaching, and learning programmes to empower social entrepreneurs, from CEOs to Start Ups, to make big changes in the world.

2007-Current **Foraging Guide, Nature Facilitator, Author**, *Self-Employed, South West*

Facilitating foraging and wild food experiences with practical, hands-on learning in inclusive, friendly environment. Published four foraging and cooking books (2 award-winning). Member of Ass. of Foragers

2021-22 **Trustee and Volunteer**, The Gardener's House CIO (GHPZ), *Penzance*

Worked with team to win National Heritage Lottery Funding to create community space celebrating people and Cornish landscape. Helped design sensory garden, develop community consultation plan.

2008-12 **Somatic Movement and Bodywork Therapist** *Self Employed, Cornwall*

Worked 1-1 and with groups to support individuals to improve their health and well-being through practical and empowering body-awareness and movement exercises, indoor and outdoor workshops.

2008-09 **Dance and Movement Facilitator**, *Arts for Health and 'Bit of a Do' Cornwall*

Designed/facilitated movement sessions for elders in residential care homes and day centres. Focused on 1-1 and group as whole, improving physical health & well-being. Trained staff, created training pack.

2008 **Community Artist**, *BTCV, Cornwall (Treneere and Pengegon estates)*

Organised and facilitated Green Fairs on social housing estates offering environmental, art and craft activities. Recruited stall holders and activity providers. Promoted and evaluated events.

2002- 06 **Community Food Project Worker**, *Shepherds Bush Healthy Living Centre, London*

Co-ran project tackling health inequalities. Developed, delivered, evaluated; training packs, grow-cook-eat sessions in schools, community groups, parents/carers, health professionals. Managed volunteers.

2003- 04 **Freelance Community Consultant and Facilitator**, *Sure Start, East London*

Co-led and designed participatory consultation with Bangladeshi community, identified beliefs, practices about diet and dental health for 0-4 year olds. Led to culturally specific interventions.

2001- 04 **Care and Support Worker**, *Plan Personnel, NIHHA*, **Volunteer Mediator**, *CALM*, London.

1998-00 **Volunteer International Dev. Worker**, *ROSE, SECMOL, ISEC, SCI, KEEP*, (India, Nepal, Bangladesh).

1997- 98 **Play Leader/Co-ordinator**, *Windmill Hill City Farm, HAHA, Hartcliffe Health and Environment Action Group*, Bristol. 1993- 98 **Artist, Community Artist/Workshop Facilitator**, *The Crew Community Arts Group, Bristol York Social Services*.

Training in Nature/Outdoors

- Nature Connection Woodland Wellness, 2025
- Nature Connection in a Complex World, Wild Wise, 2024
- Permaculture Design Certificate, Permaculture Association, 2024
- Muir Trek Training, Wild Wise, 2018
- Body and Earth Training, 60hrs+ 2009 and 2012
- Advanced Forest Skills, Wild Wise, 2011
- Native Skills 1, Native Awareness, 2010
- First Steps in Nature Awareness, Pathfinder UK, 2010
- Volunteer Walk Leader Training, Natural England, 2009

Training in Body-Wellness, Coaching, Therapy

- Authentic Movement and Therapeutic Presence, IBMT, 150hrs+ 2007-2025
- Mental Health First Aid, MHFA, 2024
- Group Coach Certification, Action Learning Facilitator Training, 2023
- MOE Certified Coach, Moe Foundation, 2023
- Movement Skills and Body Awareness Training, Sandra Reeves, 2017
- Body and Earth Training, 60hrs+ 2009 and 2012
- Professional Certificate in Life Coaching, Coach Training Centre, 2015
- Diploma in Somatic Therapy and Education, IBMT, 500hrs+ 2010
- Functional Movement, Fun and Dance, NHS, 2009
- Sociable Exercise, Jabadao, 2009
- NLP Core Skills Course, UK Academy, 2008

Training in Community and Business

- Food Hygiene certificate & Food Allergy certificate, Food Standards Agency, 2024
- Certificates: GDPR, Health & Safety, Cyber Security, Adult Safeguarding, Equality Act, Code of Conduct, Essential Skillz, 2024
- Level 3 Starting Your Enterprise, ILM, 2011
- NVQ Level 2 in Marketing, City & Guilds, 2010
- OCR Level 2 Key Skills in Communication, 2009
- Training the non-trainer, LVSC, 2005
- Level 3 Community Assessment and Action Research, NOCN, 2004
- NVQ Level 1: Introduction to Line Management, H&F College, 2005
- Facilitators Training Programme, Hammersmith and Fulham PCT, 2004
- Presentation Skills, LVSC, 2003, Participatory Appraisal, Development Focus, 2003
- Community Consultation through the Arts, NEF, 2003
- Conflict Resolution and Mediation, CALM, 2001