



Resume Dawn Haworth

Dawn is a Psychotherapist, Teacher, Trainer, Manager and Careers Guidance Officer with over 23 years experience. She successfully works with organisations and individuals, improving mental wellbeing leading to happy, healthy, productive, people and teams.

Achievements & Experience

Dawn is the Owner and Managing Director of 'Life Designs and More Ltd' a company dedicated to enabling people to achieve more. Dawn utilises her psychotherapy, management, training and coaching skills to enable individuals and businesses to develop and grow.

Therapy Services

The peaks and troughs of life create change, and adapting to change can be productive or prevent people from performing at their best. With the Dawn's help people previously absent from work have returned to productive working, for example employees suffering from:

- anxiety disorder
- depression
- alcoholism
- bereavement
- panic attacks
- stress related illnesses

Clients who didn't take time off work but were failing to reach their full potential have been able to overcome personal issues and enhance their working practices and efficiency, issues included:

- lack of confidence
- low self-esteem
- fear of public speaking
- fear of managing situations and staff
- phobias (flight, social situations, exams etc)
- effects of divorce
- anger management
- sleep deprivation

Clients access her services directly or by referral from GPs, Mental Health Professionals or employers. She works with clients in her rooms, at mutually arranged venues or by telephone. Dawn's therapy services extend to groups, she leads weekly Depression and Anxiety Support Groups for Hyndburn and Ribble Valley Primary Care Trust (PCT), these groups support adults to overcome their depression or anxiety and enable them to continue working or where they are off work, to integrate back into society and return to work.

Training and Development

As a freelance trainer and consultant she works with Directors and Managers to identify skills gaps; models best practice; reports recommendations for change; designs and delivers training. Her innovative workshops have included:

- 'Focus of Attention' - managing nerves and quick recovery from mistakes.
- 'Becoming More' and 'Creating More' - accepting personal and business change.
- '3 Dimensional Teams' - adapting to integrated working with external agencies.
- 'Creative Thinking from Within' - encouraging innovation in the workplace.
- 'Understanding the Limiting Beliefs We Hold' - enabling people to succeed.

Companies and organisations that have used Dawn's services include: Royal and Sun Alliance Insurance; Blackburn with Darwen PCT; Boston Social Services; CENTRA Education and Training; Blackburn Foyer; Rossendale Children's Centres; several regional business networking organisations and the British Girls Handball Team (preparing for 2012 Olympic selection);. Dawn is an experienced Co-Trainer and has worked alongside The Northern School of NLP and Associated Studies, Accrington and Rossendale College, United Co-Operative and Bolton Volunteers Service.

Employment History

Dawn's career includes 18 years experience working in a college of further and higher education. During that time she taught both Further and Higher Education students; managed the Information and Guidance Centre; created and delivered Staff Development (centering on staff induction and appraisal training); was an active member of the Equality and Diversity Committee (focusing on physical and psychological barriers to access).

External projects included being the College's representative on a national Department for Education and Skills Committee for Adult Information, Advice and Guidance (IAG) contributing to research for a Government White Paper; leading an award winning team and collecting 3 of the 6 regional trophies for quality IAG delivery; managing the College's successful application for the national MATRIX standards in IAG and becoming the 3rd organisation in Lancashire to accomplish these standards; setting up and Chairing 'Hyndburn and Rossendale, Local Area Network for Adult Guidance' which brings together private and public support services for adults.

Personal Details

On a personal note, Dawn contributes to her community through volunteering. She has managed the Coffee Bar for the Royal Court Theatre - a Victorian theatre run by volunteers and funded through productions and donations. Creates and donates celebration cakes for charities and associations including 'Accrington Pals' (1st World War), Age Concern, Comic Relief and Children in Need, local schools and nurseries.

Dawn has set up and runs a weekly 'Knitters That Natter' group for elderly residents of Haslingden and Helmshore. This aims and objectives for this group are to prevent depression and anxiety associated with isolation; encourage communication and friendships; promote health and wellbeing through activity and connection while knitting items for own use or donations and to raise funds for charity.

Education, Training and Continuing Professional Development

Dawn attends regular training and development courses. Her Continuing Professional Development record can be found at www.lifedesignsandmore.co.uk.

Dawn Haworth

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