

Summary CV: Catherine Skinner, BSc, MSc

Strategic Leader, Trauma-Informed Expert, and Non-Fiction Author

- A highly accomplished executive and thought leader with over 20 years in the non-profit sector, including a decade at the CEO level, specialising in the Violence Against Women and Girls (VAWG) sector.
- Combines an MSc in Psychological Medicine with extensive frontline experience to provide a unique, evidence-based approach to systemic inequality and trauma.
- Recently pivoted to full-time writing, consulting, and coaching, applying proprietary models (the Power Shift Model and The Control Delusion) to help women and organizations drive meaningful structural change.
- A proven media commodity and successful campaigner with a track record of driving legislative change and significant organizational growth.

Core Expertise & Authorial Authority

- **Structural Diagnosis & Advocacy:** Expert knowledge in domestic abuse, stalking & harassment, and honour-based abuse. Directly responsible for national campaigns that successfully lobbied the Home Office to increase the maximum sentence for stalking and introduce Stalking Protection Orders (2016-2017).
- **Executive Leadership:** 10+ years at CEO/Director level, responsible for strategy, multi-million-pound fundraising, governance, and HR for national and London-wide charities (Maa Shanti, Paladin National Stalking Advocacy Service, Suzy Lamplugh Trust, Woman's Trust).
- **Media Readiness:** Featured expert on BBC Breakfast, BBC London News, and Woman's Hour, demonstrating proven ability to translate complex issues into compelling public conversation.
- **Academic Rigor:** Holds an MSc in Psychological Medicine (Kings College London) and a BSc in Psychology (Goldsmiths College), providing the academic foundation for the book's structural analysis.

Area	Achievement & Impact
Organisational Growth (CEO, Maa Shanti)	Successfully developed and executed a 5-year strategy, quadrupling organisational income from £60k to £218k and increasing client numbers from 60 to 250 women and 99 children per year (2018–2024). Secured over £1 million in total new funding from diverse sources (National Lottery, MOPAC, MoJ).

Legislative & Campaign Success (CEO, Paladin)	Led the successful campaign to increase the maximum sentence for stalking from 5 to 10 years and introduce Stalking Protection Orders, fundamentally changing UK law and securing £500k in Big Lottery funding.
Financial Turnaround (Director, Suzy Lamplugh Trust)	Increased annual turnover by 20% (from £1M to £1.2M) and launched the National Stalking Helpline (2011).
Consultancy & Training	Designed and delivered specialised Stalking and Harassment Training for the House of Commons and the Parliamentary Liaison and Investigation Team (PLAIT).
Non-Profit Management	Held senior leadership roles including Head of Services for Breast Cancer Care (managing the UK-wide helpline and a team of 50 staff and volunteers) and Director at Woman's Trust (reducing organisational deficit by 30% and securing over £1 million in grants).

Education & Professional Development

The academic foundation for The Control Delusion is grounded in two decades of study and practice at the intersection of psychology and systemic trauma.

- MSc Psychological Medicine (Kings College London)
- BSc Psychology 2:1 (Goldsmiths College, University of London)
- Coaching & Mentoring Level 3 (Richmond and Hillcroft Adult Community College)

Current Role

CEO, Catherine Skinner Enterprises Ltd (2024 – Present)

Focusing on full-time author platform building, premium feminist coaching, and consultancy to public and non-profit sectors, specialising in culture, strategy, and intersectionality.