CATHERINE SKINNER, BSc, MSc, GMBPsS

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EXECUTIVE PROFILE Highly accomplished scholar-practitioner and operational leader with over 25 years of experience at the intersection of psychology, community organising, and systemic social change. An expert in trauma-informed leadership, capacity scaling, and safeguarding, with a proven track record of driving legislative change, managing statutory and grant-funded contracts, and directing multi-thousand-pound community organisations within the violence against women and girls (VAWG) and public health sectors. Approved Graduate Member of the British Psychological Society (GMBPsS).

CORE COMPETENCIES & EXPERTISE

- **Operational & Capacity Management:** Designing triage systems, managing waitlists, demand modelling, and resource allocation.
- **Governance, Compliance & Safeguarding:** Designated Safeguarding Lead (DSL) expertise, case management database ownership, UK GDPR compliance, and quality standard accreditations.
- **Commissioning & Statutory Reporting:** Delivering complex monitoring returns to MOPAC, the Ministry of Justice, local authorities, NHS bodies, and grant-making trusts.
- **People Leadership & Matrix Management:** Joint line management, performance supervision, coaching, recruitment, and cross-departmental collaboration.
- **Financial & Resource Oversight:** Budget monitoring for restricted funding streams, grant compliance, and operational resource planning.

PROFESSIONAL EXPERIENCE

CEO & Founder | Catherine Skinner Enterprises Ltd *(July 2024 – Present)*

- Direct the strategic and operational delivery of specialist consulting, training, and executive coaching frameworks (including "The Sovereign Suite" and "The Nexus").
- Manage business operations, data compliance, and financial forecasting.
- Authored and published *The Control Delusion*, synthesising two decades of frontline practice into a cohesive theoretical framework for individual, community, and societal change.

Director | Maa Shanti *(May 2018 – February 2025)*

- **Radical Growth:** Quadrupled organisational income from £60k to £218k within a single funding cycle and expanded service reach by over 300%.
- **Operational & Grant Management:** Secured and managed >£1.2 million in grants from the National Lottery, MOPAC, and the Ministry of Justice, ensuring robust reporting, data quality, and compliance.
- **Community Organising:** Developed a grassroots advocacy model providing health, wellbeing, and social justice support for single South Asian mothers.

Chair of Governors | Links Primary School *(November 2019 – November 2023 | Governor from October 2015)*

- Provided governance, strategic oversight, and statutory accountability for school operations, budgeting, and safeguarding policies.
- Led senior recruitment panels, performance appraisals, and curriculum development, resulting in an Ofsted rating of 'Good'.

CEO (Interim/Contract) | Paladin National Stalking Advocacy Service *(July 2016 – March 2017)*

- Held executive leadership responsibility for national operations, clinical/advocacy service delivery, and statutory stakeholder liaison.
- Successfully lobbied the Home Office to increase the maximum sentence for stalking (5 to 10 years) and played a pivotal role in the introduction of Stalking Protection Orders (SPOs).

Director | Suzy Lamplugh Trust *(December 2010 – June 2012)*

- Launched the National Stalking Helpline and advised the Home Office VAWG prevention panel (reporting to the Prime Minister and Home Secretary).
- Managed performance metrics, waitlist/caseload data quality, and funding returns for commissioners and government bodies.

Director | Woman's Trust *(March 2009 – November 2010)*

- Directed specialist mental health and support services dedicated to women recovering from domestic abuse and sexual violence.
- Secured over £1 million in funding and reduced organisational deficit by 30% through strategic restructuring and robust financial oversight.

Head of Services | Breast Cancer Care *(2005 – 2009)*

- Directed high-level service delivery and anchored public health advocacy, including serving as a primary media spokesperson during high-profile national conversations surrounding women's bodily autonomy.

POLICY, MEDIA, & PUBLIC ENGAGEMENT

- **Government Advisory:** Expert consultant for the House of Commons and Metropolitan Police Service (MPS) on stalking, harassment, and VAWG.
- **Broadcasting & Documentary:** Featured expert on BBC One (*Stalkers*), BBC Breakfast, Channel 5 News, and BBC Radio 4 (*Woman's Hour*), providing unvarnished analysis on systemic inequality and institutional frameworks.
- **Print & Digital Reach:** Expert contributor for *The Guardian* and national broadsheets. Maintains a highly engaged digital audience of over 12,000 across Instagram and TikTok, with psychological breakdowns of cultural watershed moments achieving upwards of 150,000 views.
- **Training & Pedagogy:** Designed and delivered curricula for public sector staff on psychological principles and social justice.

EDUCATION & PROFESSIONAL QUALIFICATIONS

- **MSc in Mental Health Studies** | King's College London (2010)
- **Certificate in Humanistic and Psychodynamic Counselling** | Goldsmiths College, University of London (2002)
- **BSc in Psychology (2:1)** | Goldsmiths College, University of London (1999)
- **Level 3 Qualification in Coaching and Mentoring** | Richmond and Hillcroft Adult Community College (2024)

PROFESSIONAL AFFILIATIONS & CREDENTIALS

- **Graduate Member (GMBPsS)** | British Psychological Society (BPS)
- **Safeguarding & Safer Recruitment** | NCVO (2024)
- **Enhanced DBS Clearance** | (Current/Valid)