

# FIONA MACBETH

## Personal statement.

I am a highly motivated, flexible and creative thinker with a particular commitment to supporting individuals at points of change and crisis in their lives. I have spent 30 years working with both adults and young people in need of support, guidance and care. I am dedicated to creating therapeutic and creative experiences that respect individual needs and wishes.

## CONTACT

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## WORK HISTORY

### Hypnotherapist in personal practice

<https://fionamacbethhypnotherapy.co.uk>

Working with clients supporting desired change and creating new perspectives on troubling or recurrent issues.

### Honorary Senior Research Fellow

#### University of Exeter

- Supporting the development of innovative and socially-engaged drama and theatre within the South West.
- Contributing to research in the field of mental health and creativity
- Mentoring Undergraduate and Masters students, supporting the personal and academic journey and encouraging growth.

### Founder and facilitator, 2019 to Current

#### An Inside Story - Crediton, Devon

[www.an-inside-story.co.uk](http://www.an-inside-story.co.uk)

- Offering a creative approach to addressing blocks and recurrent issues in both personal and professional contexts.

### Director of Education 2015 to 2018

#### University of Exeter, department of Drama

- Supervised personal tutoring programme for students
- Managed teaching provision for undergraduates; balancing student need and expectation with the available teaching expertise.
- Developed peer mentoring initiatives between undergraduate students.
- Championed diversity and inclusion initiatives within the institution.
- Senior leadership responsibility.
- Managed staff sick leave and student crises.
- Developed new modules alongside colleagues
- Responsible for administration in relation to all teaching provision including new modules and new degree pathways.
- Facilitation of regular focus groups and lunchtime support sessions with students.

### Senior Lecturer, 01/2002 to 01/2018

#### University of Exeter

- Wrote articles and papers related to field of health, creativity and wellbeing.
- Worked with colleagues to enhance the teaching experience for students.
- Organised activities that connected students with the local community, including projects with care leavers, young people on probation, older

people experiencing ill-health, young people excluded from mainstream school, people experiencing homelessness.

- Facilitated engagement between the drama department and voluntary organisations within Exeter and Devon, including Julian House, EDP Drug and Alcohol Service, Devon CC and Age Concern.
- Developed and improved courses to better serve students' needs and meet standards.
- Mentored students annually, providing academic and pastoral support as appropriate.
- Engaged, motivated and inspired students to develop thirst for knowledge. Taught students how to manage group dynamics in community settings.
- Tutored students needing extra assistance in group and one-to-one sessions.
- Facilitated workshops, tutorials and seminars on Applied Theatre subjects.

### **Freelance trainer and facilitator, 1992 to 2002**

#### **Freelance - Throughout the UK and internationally.**

- Facilitator for Altana Kulturstiftung, an arts based education programme in Frankfurt, Germany that runs annual training for their artists focusing on the development of cross-disciplinary collaboration.
- Consultancy for schools in London, undertaking conflict audits; interviewing staff and pupils and writing a report based on the interviews.
- Consultancy for both statutory and voluntary youth organisations on inter-staff and staff/management conflicts.
- Training for Youth, Probation and Prison Services in conflict management, mediation skills and facing challenging behaviour.
- Developing and running a course for workers on 'Young Women and Self-Esteem'.
- Training for workers and volunteers in the Mediation Service in facing aggression and anger.

### **Researcher and Facilitator, 1989 to 1992**

#### **The Leap Centre - London**

- Researching innovative and interactive ways of working creatively with conflict with young people and those who work with them.
- Trialing and writing a training course based on this research

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## **EDUCATION**

### **Bachelor of Arts, 1982 to 1985**

#### **University of Exeter**

BA Hons Drama and English degree (1985) University of Exeter

#### **Qualifications:**

HPD (Hypnotherapy in Practice Diploma, 2025)

DipCAH (Diploma in Clinical and Advanced Hypnosis, 2025)

Group facilitation (CFor, force for change, 2015)

Conflict resolution skills (Leap Confronting Conflict (1991)

Mediation Skills (Mediation UK, 2000)

Facilitation for Leaders (CFor; force for change, 2018)

Certificate in Counselling (Iron Mill College, 2024)

HE teaching qualification (Higher Education Academy Senior Fellow, 2012)

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## **VOLUNTARY POSITIONS**

- Sharing Stories project with The Bookery, Crediton. Partnering with isolated elderly person. 2022 and ongoing.

- Doorstep Arts, Board member, 2018 - 2023
  - Mid Devon Mediation Service; neighbourhood mediator, 2000 - 2005
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