

# Dr. Sharie Coombes

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**Adult Hypnotherapy Business:** [www.breakthroughdays.co.uk](http://www.breakthroughdays.co.uk)

**Children & Young People Hypnotherapy Business:** [www.foundationshypnotherapy.co.uk](http://www.foundationshypnotherapy.co.uk)

**National Registrations:**

**DfE Reg:** 84/77179      **GHR Reg No:** 4023      **CNHC Reg No:** 000243-A11

## EDUCATION AND QUALIFICATIONS

11 G.C.E. O' LEVELS, G.C.E. A/O' LEVEL, 3 G.C.E. A' LEVELS

1982 - 1985

**Bachelor of Education (5 - 12)**

**Main Subject:** English

**Major Options:** Drama, Music, History, IT

2000 - 2007

University of Brighton  
Brighton

**DOCTORATE IN EDUCATION**

Taught, modular, part-time professional doctorate degree

**3 Research papers:** 7-10,000 words each; **100,000 Word Thesis:**

Factors which may improve standards of speech & language in Y1 - A study of linguistic, social, developmental, emotional, behavioural & cognitive psychology. Externally examined and commended as excellent work by BPS Chartered Psychologist Dr Jane Ginsborg

2007 - 2008

Uncommon Knowledge

**DIPLOMA - SOLUTION FOCUSED HYPNO/PSYCHOTHERAPY**

140 total face to face taught hours meeting National Occupational Standards

**Assessment:** 4 observed client sessions, 2 written exams, 20,000 word learning journal

**Current**

National College of  
Hypno/Psychotherapy  
London

**ADVANCED DIPLOMA - CLINICAL HYPNO/PSYCHOTHERAPY**

4 year post-graduate study including 10,000 word dissertation to achieve UKCP registration as a hypno/psychotherapist. The NHS currently employs psychotherapists with UKCP registration

**Current**

Tavistock & Portman  
NHS Training Clinic  
London

**MA - PSYCHOLOGICAL THERAPY WITH CHILDREN, YOUNG PEOPLE AND FAMILIES**

3 year post-graduate course with the country's leading children's mental health training provider

**EMPLOYMENT**

<b>Current</b>	<b>SELF-EMPLOYED</b> <b>Independent education consultant, trainer, hypno/psychotherapist</b>
<b>2010 -2000</b>	<b>ST. MARK'S CE PRIMARY SCHOOL, BRIGHTON</b> <b>Headteacher (50% FSM; 70% SEN; 38 staff)</b> Awards - Investors in People, Bishop's Commendation, Healthy Schools Silver, Princess Diana Award, ActiveMark, Quality Mark, Artsmark Gold, Inclusion Quality Mark, 'Good' Ofsted, 'Outstanding' Section 48 Inspection
<b>2000 - 1999</b>	<b>EAST BRIGHTON EDUCATION ACTION ZONE</b> <b>Literacy Consultant FS-KS3 (primary, secondary &amp; special)</b>
<b>1999 - 1998</b>	<b>UNIVERSITY OF CHICHESTER</b> <b>Senior Lecturer in Primary English and Education</b> on BSc/BA (QTS) Degree Course (1 Yr FTC)
<b>1996</b>	<b>WSCC ADVISORY AND INSPECTION SERVICE</b> <b>LEA Associate Adviser</b> Primary Project - Higher Order Reading Skills
<b>1998 - 1985</b>	<b>Various teaching posts</b>

**RANGE OF EXPERIENCE**

- **Hypno/psychotherapist** - providing 1 to 1, group, family and couple therapy in private clinic since 2008 and therapeutic training to education staff; specialising in working with anxiety, stress, sleep disturbance and distress in children, young people and with women suffering from trauma and abuse
- **Independent Education Consultant** - identifying education strategies & well-being development work in a number of schools/advising management teams; enhancing education provision for every client
- **Headteacher** - city school in area of very high social deprivation and disadvantage; rapid improvements in academic standards (**especially at L5**), pupil attitudes and behaviour; significant development of 'extended school' provision by involving wider community including mental health partners and business partners; described by Lord Rooker (Minister - Regeneration) as highly successful, inspiring and 'quite fantastic!'
- **EAZ Literacy Consultant** - excellent relationships with all agencies; improvement in standards KS1-3 (10 schools); particular emphasis on gifted and talented provision; significant training experience
- **Senior Lecturer** - highly favourable appraisals; planning, devising and delivering lectures and seminars; supervising and teaching students training in FS, KS1 & KS2; continuing action research; dissertation supervision and assessment
- **Associate Adviser** - very successful experience of research and working to develop the skills of a range of professionals; development of specific teaching and learning strategies for the more able
- **Teacher** - all subjects successfully taught in Reception, KS1, KS2 & KS3; publication of work in TES and Arts Council book 'Picture My World'; school awarded local history prize (Thornberry Award) due to work developed with gifted and talented pupils; peer mentoring within school cluster

## PROFESSIONAL ATTRIBUTES

### EDUCATIONAL CONSULTANCY SKILLS

- Solid and successful experience, understanding and knowledge of UK educational landscape at school and local authority management level
- Ability to build excellent relationships based on mutual trust and effective negotiation skills
- Credibility based on own achievement and ability
- Ability to achieve, inspire, motivate, develop, guide and lead others to achieve
- Excellent oral and written communication skills

### THERAPEUTIC SKILLS

- High level of professionalism and integrity
- Ability to build and develop rapport in the therapeutic relationship
- Ability to listen non-judgmentally with appropriate empathy and to work with multiple analyses alongside the client
- Well-developed ability to use humour appropriately
- Ability to use client resources to further therapeutic goals and acknowledge client expertise in their own solutions
- Range of techniques and approaches with an incessant desire to further my learning, knowledge and ability

### PERSONAL QUALITIES

- Enthusiastic and energetic, rigorous and vigorous
- Hard-working, flexible, systematic, well-organised and emotionally intelligent
- Actively involved in academic research
- Creative and inclusive, open, approachable and friendly
- Confident in public situations
- Passionate about the education, well-being and experience of every learner and client

### SUMMARY

**As an independent education consultant, I bring to your school/authority almost 30 years of successful and varied education experience together with my knowledge gained from doctoral level studies of learning and learners.** I have breadth and depth in my school and local authority management experience and am skilled at working collaboratively with stakeholders and management teams to get to the core of an issue and to create pertinent strategy, plans and evaluations to effect lasting change and development.

**As a therapist, I work with my clients to find lifelong solutions and develop effective patterns to enable happier living and future problem solving.** I am a perpetual and willing learner and student of the human condition and of personal development. I work collaboratively with my peer supervision group, individual supervisor and with clients. I am able to manage multiple lines of enquiry and hypotheses and do not impose my own perceptions. I am aware of my own personal and professional development and how this may impact on and affect treatment.

**REFEREES** - Available on request