**Laura Darby**

*info@thelifeskillsmentoringacademy.com | Fakenham, Norfolk, UK*

I have a number of years’ experience of working with children and young people in different roles and handling challenging situations, which has enabled me to become trauma informed in the way I work and given me experience in many sensitive scenarios.

**Experience & Short Courses**

**08/10/2021 – Present Day**

**Crimestoppers - Norfolk Chair**

**01/04/2021 – Present Day**

**Founder, CEO Director of The Life Skills Mentoring Academy.**

12/12/2021 – Trauma, the Brain and Recovery – Mind Body Breakthrough – The National Counselling Society. 6th, 13th&20th March 2022 – STOPSO – COFRA training. 06/03 – 13/06/23 – Victim Focus – Train the Trainer (Victim Blaming, Trauma, ACEs, CSE, CSA). 30/03/23 - Addressing Trauma-Based Shame in Children who Hate Themselves with Dr Margot Sunderland. 11/05/23 - Sorting out the muddle between psychiatric diagnosis and trauma (children and teenagers) with Dr Margot Sunderland. 25/05/23 - UK Virtual Event: From What If to What Next: Combing therapy and coaching with Tracey Hartshorn. 14/07 & 15/07/23 - Becoming Trauma-Informed; Essential Skills for Coaches with Amytheist Coaching. 13&14/03/2024 – NSCP – Introduction to Safeguarding Children. 26&27/06/2024 – NSCP DSP Training

**14/12/2020 – 22/09/2021**

**Specialist Independent Sexual Violence Advisor, Ministry of Justice**

Training: 03/02/2021 – LGBT+ Awareness, 04/02/2021 – iNEQE Safeguarding Group – SSNAP Workshop, 08/02/2021 – Terrence Higgins Trust (THT), Getting the Hang of C-Card, 10/02/2021 – THT - C Card Under 16, 23/02/2021 – THT – Learning Disabilities and Sexual Heath, 01/03/2021 – THT – Consent and Confidentiality, 04/03 & 11/03 – THT – Supporting the Delivery of RSE, 12/03/2021 – THT - Talking about consent with young people, 16/03/2021 – Self Harm & Suicide Alertness, 16–18/03/2021 – LimeCulture – Accredited - Supporting People with Specific Needs, 10/05/2021 – LimeCulture – Supporting Male Victims, 14/06/2021 – Safe CIC - Safeguarding Level 3.

**10/08/2014 – 23/08/2020**

**Special Constable, Norfolk Constabulary**

Training: Yearly First Aid and Personal Safety Training

**23/08/2020 – Present Day**

**Special Sergeant, Norfolk Constabulary**

**19/06/2017 – 14/12/2020**

**Independent Sexual Violence Advisor (U21’s), Norfolk Constabulary**

Training: 08/08/2017 – NSPCC Keeping Children Safe Online, 08/08/2017 Safeguarding E-Academy Keep Them Safe – Protecting Children from Child Sexual Exploitation, 24/01/2018 – Helplines Partnership – Responding to Suicidal Callers, 25/01/2018 – Terrence Higgins Trust (THT) - SRE: A Beginners Guide, 09/04/2018 – THT – C-Card Training, 21/05/2018 – MAP - Working With Young People Who Self-Harm, 17&18/07/2018 – Rockpool - Sexual Violence Recovery Toolkit, 08/09/2018 – UKAFN (Association of Forensic Nurses and Paramedics) ACE’s A Lifelong Influence Conference, 30/04/2018 – MHFA - Youth Mental Health First Aid, 30/04/2019 – MAP - An Introduction to the Youth Justice System, 15/07/2019 – Do You Feel What I Feel, 21/05/2019 - #Trending Drugs.

**13/04/2019 – 14/12/2020**

**Youth Justice Instructor, Norfolk County Council Youth Offending Team**

E-Learning: 14/08/2019 – Autism Awareness, 21/12/2019 – Data Protection, 21/12/2019 – Restorative Approaches, 21/12/2019 – Safeguarding Children.

**07/04/2014 – 16/06/2017**

**Case Investigator – Child Abuse Investigation Unit – Norfolk Constabulary**

Training: 20/02/2014 - Witness Statement and Interview Course, 10-12/02/2015 - XRY Certification.

**06/05/2009 – 04/04/2014**

**Senior Family Support Worker / Family Support Worker / Early Years Practitioner**

**Fakenham Gateway Sure Start Children’s Centre.**

Training: 17/10/2012 - Risk assessment, 11/05&22/06/2013 - Leading and Building Your Team and Effective Interpersonal Skills, 15/10/2009&29/09/2010 - The Solihull Approach, 12&13/10&15/11/2010 - Heath Exercise and Nutrition in the Really Young, 22/10/2010 - Portage Basic Workshop, 09/09/2011 - Activ Kids, 20/11/2012 – MAP Conference ‘Working with Young People, Neglect and Abuse, 24/05/2013 - Parents as First Teachers, 24/01/2014 - Baby Massage. In house training – Safeguarding and Child Protection, Attachment, Baby Brain Development and Relationships, Raising Achievement through Child Initiated Learning, Child Development, Mental Health Awareness, Inclusion and Development, EYFS.

**Educations**

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| **Date Gained** | **School/College/University/Company** | **Qualification** |
| 25/06/2021 | UK College of Personal Development | Life and Business Coach |
| 06/12/2021 | UK College of Personal Development | NLP Practitioner |
| 06/12/2020 | London School of Clinical Communication and Hypnosis | EMDR and Psychological Trauma |
| 01/10/2020 | Shine From Within | Youth Mentor Training |
| 17/10/2018 | University of Portsmouth | Master of Science - Psychology and Law: Child Forensic Studies |
| 20/07/2018 | Norfolk and Suffolk Foundation Trust | Systemic Ideas in Clinical Practice – An Introductory Course in Family Therapy |
| 21/05/2018 | LimeCulture CIC/NCFE | Independent Sexual Violence Advisor |
| 03/07/2016 | Online Academies | Psychology Diploma |
| 08/04/2016 | Open Learn | Statement of Participation - Introduction to Child Psychology |
| 01/02/2013 | University of East Anglia | Postgraduate Certificate - Person-Centred Counselling |
| 04/12/2011 | Training Associates | Foundation in Counselling Theory |
| 30/11/2011 | Training Associates | Foundation in Counselling Skills |
| 22/11/2011 | University of East Anglia | Foundation Degree of Arts – Management of Care |
| 06/2009 | Assessment and Qualifications Alliance | A – Levels - Double Health and Social Care – C/D, AS Level – Citizenship - B |
| 06/2007 | Assessment and Qualifications Alliance, Edexcel, OCR. | GCSEs - Textiles Technology – A\*, English Literature – A, English – B, Religious Studies – B, Art and Design – C, Mathematics – C, Chemistry – C, History – C, Physics – C, Biology – D, Geography – D, Award in Digital Applications – Credit. |

**Other training**

**Norfolk Safeguarding Children Board/Partnership**

22/06/2011 – Safeguarding Children and Mental Health Training, 09/07/2011 – Safeguarding Children and Substance Misuse Training, 24/10/2012 – Safeguarding Children 03/04/2014 – Effective Participation at CP Conferences, 13/05/2014 – Making Multi-Agency Assessments Work, 14/05/2014 – Child Sexual Abuse, 23/06/2015 – Substance Misuse within the Family, 09/07/2015 – Child Sexual Exploitation, 26/11/2015 – Domestic Abuse, 12/09/2017 – Attachment in Assessment, 28/11/2017 – Working with Children and Young People who have experienced Child Sexual Abuse, 06/12/2017 – Understanding Children and Young People who engage in Sexually Abusive Behaviour, 12/05/2021 – Intra-Familial Harmful Sexual Behaviour, 01/06/2021 – Technology Assisted Harmful Sexual Behaviour, 07/06/2021 – SCR/SPR Roadshows - Making Neglect Personal, 22/06/2021 – Harmful Sexual Behaviour in Children and Young People with a Learning Disability, 24/06/2021 – Safeguarding Children and Working with European Migrant Families.

**Norfolk County Council**

08/11/2010 – Children’s Services Safeguarding Core Programme, 07/12/2010 – Information Sharing and Assessment, 02/02/2011 – Multi-Agency Working and the Role of Lead Professional and Assessment Skills, May 2013 – Restorative Justice Training, 17/10/2009 & 22/03/2010 – EYFS training, 02/02/2010 – An Introduction to Young Children’s Behavioural Development and the Management of Young Children’s Behaviour, 24/04/2010 – Parents as Partners, 07/05/2010 – The Unique Child, 13/10/2011 – Parent Support Training.

**Norfolk Constabulary**

Feb 2014 – Health and Safety, March 2014 – Information / Intelligence Reports, National Decision Making Model For Policing, Introduction to Diversity, Background to MoPI, Collection & Recording, Mental Ill Health & Learning Disability Awareness, Sharing Police Information, April 2014 – Public Protection Initial Response, Abusive Relationships, Family Disturbance, Action Fraud, Domestic Violence Disclosure Scheme, May 2014 – Stalking & Harassment, Firearms & Active Shooter Incidents, June 2014 - Missing Persons, Missing Daughter, October 2014 – Victims Code, Initial Operational Response, Cyber Crime & Digital Policing, December 2014 – Investigative Interviewing, Equality Act, National Decision Making Model for Policing, January 2015 – Public Protection - Man in Distress, Human Trafficking, Domestic Violence Protection Orders, Anti-Social Behaviour, December 2015 – Modern Slavery. April 2021 – Updated - Data Protection &GDPR, Fire Safety, Health & Safety.

**Beacon House Therapeutic and Trauma Team**

01/10/2020 - How to Promote Your Child’s Self-Esteem, 14/10/2020 - Psycho-education Toolkit for Children and Young People, 14/10/2020 - Building Emotional Regulation Skills in Children and Young People, 28/10/2020 - How to Support Your Dysregulated Child, 27/09/2021 Developmental Trauma & How to Transition to the Covid-19 ‘New Normal’.

**Memberships with Professional Bodies:**

* Member of the Association for Coaching (AC)
* Member of UK College of Professional Development (UKCPD)
* Full member of the Association for NLP (ANLP)
* Senior member of the Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH).