**Rina Mahoney – Training CV**

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Description automatically generated with low confidence**

**Experience:**

An experienced educator, Rina has almost thirty years of experience in the training room as a professional roleplayer for assessment centres and development workshops.

She is passionate about utilising her skills and experience as a professional actress to benefit and develop others in the teaching arena understanding the importance of offering contextualised feedback which is evidence based and delivered in a constructive manner to best enable the growth of those in the training environment.

Since 1991 she has been an associate with numerous leading drama-based learning and development training companies, in the UK and internationally, where she has provided role play, facilitation and more latterly one to one development coaching.

Rina has a Level 5 Coaching Diploma from the University of Warwick where she qualified in July 2017 with a special interest in Cognitive Behavioural Coaching and is the founder of the PAVE! Coaching System - a personal impact and presentation skills coaching programme, which she delivers on a one to one or small group basis.

**Regular delivery for Blue Chip Companies, SME's, Public Sector and Charitable Sector and Educational organisations including:**

**Corporate:** BP, Specsavers, Derby Homes, SKY, Virgin, Nokia, Statoil, Astra Zeneca, Manweb, London College of Fashion, Mirror Group, NFU Mutual, Argos, DWF, Novo Nordisk, IBM, Three, BT, NAPP, EDF.

**Education:** Department for Education, Department for International Trade, West Midlands Deanery, NHS Leadership Academy, University of Warwick, Stellar HE.

Sports: Football Association ( Women’s Super League), Nike.

**Public:** Department for Education, CPS, National Association of Teachers, Highways Agency, Department of Work and Pensions, NHS, Greater Manchester Police, IPCC, Valuation Office Agency.

**Financial and Insurance**: RBS, Lehman Brothers, Deutsche Bank, TSB, Legal and General, Paragon, PWC, KPMG, CDC, Wheatsheaf, Morgan Stanley, NFUM.

**Motor:** Peugeot, Mercedes Benz, Vauxhall, Renault, JLR, Skoda, Volkswagon.

**Charitable:** Cancer Research UK, Macmillan, Order of St John.

**In her capacity as an Associate Rina has been involved in delivering training in the following areas as both a role player and a facilitator:**

Equality and Diversity, Allyship, Time Management, Conflict Management, Challenging Conversations, Coaching skills, Health and Safety, Change Management, Managing Grievance, Inspiring and Influencing, Management of under-performance, Negotiation Skills, Engaging Hearts and Minds.

**Methodologies and models used:**

• one to one role play, forum theatre • business simulation courses • recording of online learning to be used in the training environment, on company intranet services and as a part of e-learning packages • bespoke role play - for delegates wanting to practice a "live" issue, one-to-one coaching around leadership styles and influencing techniques • demonstrating and providing a platform for delegates to practically apply coaching models e.g.: GROW • facilitating the discovery of psychological preferences e.g.: MBTI and Insights and applying the findings in a meaningful way to influence in the business arena • facilitation and demonstration of numerous business training models as a means for personal development for delegates e.g.: Johari Window, Transactional Analysis, Thomas Kilmann Conflict Mode Instrument and Stephen Covey's Circle of Influence Project

**Management:** Rina regularly manages projects on behalf of training companies sourcing role players, liaising with clients and writing briefing materials.

**Design:** More recently Rina has been involved in design work for, among others, Wheatsheaf, Ofcom Paragon Finance, the NHS and Mercedes Benz UK.

**Royal Shakespeare Company - Associate Learning Practitioner:** involving the creating and running of education workshops with teaching staff and students across the UK on behalf of the Royal Shakespeare Company.

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