

CV 2023

Eleanor Darley

Tel: 07890496556

Email: eleanorsara@gmail.com

www.eleanorsara.com @elle_darley

DOB: 27.09.76 (47 yrs.)



I'm an artist and creative facilitator. I facilitate experiences, trainings, retreats, and one to one process work. My particular niche is drawing plants: to experience the medicine and connection to a plant; to calm and balance the nervous system; and perhaps most importantly to deepen skills of observation, perception, and imagination.

I am a therapist; transpersonal arts counsellor MCGI and I practise a deep healing body work from a long training in Mexico. I maintain a practise of personal and professional development, with particular interest in neuroscience, and the balancing effects of using nature, art, music, and dance to bring wellbeing.

I have a long-term vision incubating to develop a global arts exchange between young people.

Current and most recent work 2022-2023

Freelance Art Facilitation and support for schools

- Resilient Young Minds programme for Cullompton College (October 2023), Stansfield Academy Pupil Referral Unit (Art Teacher: March – June 2023), Cullompton Community College (Art teaching cover February 2023). Teaching assistance for Orchard Manor and School of Inspiring Talents (SEN) (June 2023)

The School of Botanical Arts

- **Change-Making Facilitation** - Resourcing clients by drawing plants and flowers using a specific creative process and observational study designed for stress recovery, increased nature connection or ethical thinking. Or through ritual, creative making and ceremony. Recent clients: *New Constellations*, *Rachel Entwistle Jewellery*, *White Crane Academy*, *Medicine Festival*, *Chinese Medicine Forestry Trust*, *Both Sides Men's Retreats*, *Weleda UK*, *Ebb Flow & Grow Business Coaching*, *Erth Barton Retreats*, *Department of Wellbeing*, *Retreat Academy*, *Circle of Life Rediscovery*
- **Art sessions, art workshops, one to one art counselling** focusing on a relationship with plants, biomimicry and ecology. Online and public workshop programme.
- **The New School of Art** (Dec 2016-March 2022) Programme and operations director at this independent art school dedicated to providing tutorship from successful contemporary artists away from the academic art school environment.

Most recent personal development and education -

- Dare to Lead TM Training, by Brené Brown, Ph.D. – December 2022
- Managing Stress & Increasing Recovery program for business, by Impact Human Performance – December 2022

Education -

Transpersonal Art Counsellor Tobias School of Art & Therapy MCGI (City & Guilds Masters), Art History (2:1) University of York. Languages: English, Spanish. Skills: proficiency on Mac/PC, Excel, powerpoint, graphic design and accounting programs.

Alternative Education: Apprenticeship 2004-2014 studying traditional art, medicine and philosophy in Mexico in traditional Calpulli Cencalli School, San Pablo Tecalco.

Interests -

Growing flowers. Flower arrangements and installations for events or rituals. Yoga. Breathwork. Night walks. Sea and River swimming. Umbanda (Afro-Brazilian dance, nature and mediumship) and Danza de la Luna, a four-night dance ritual for women in Mexico (visiting each October). I also run a monthly community arts programme with a group of artists in Chagford.

Previous Art Counselling roles -

- Tablehurst Farm, Forest Row (Jan 2017-March 2020) - Therapeutic art for vulnerable adults
- Compass Community School, Newhaven (Jan 2018-June 19): - Teaching art to students, vulnerable teenage boys in care.
- St.Paul's Steiner School, London (2015-2016) and Greenwich Steiner School Art Counsellor Greenwich Steiner School (2010-11) - Painting therapy with children age 7-13
- Camphill School, Aberdeen (Feb - July 2014) - One to one therapy neurodivergent children while also living in community with the children and co-workers.
- Blackthorn Medical NHS Practice, Maidstone Kent (Jan-May 2012) – Working alongside GPs, and therapists to provide holistic arts-focused treatment and case study analysis.

Art and Project Management in Mexico -

- Lead curator, press officer and artist mentor to artist Juan Gallardo (El Nacho) (Sept 2013- Jan 2014). Managing all aspects of preparation and production for a (very successful) inaugural retrospective exhibition Energia del Movimiento both at the artist's studio in Los Cabos, Baja California and in the gallery Estacion Indianilla in Mexico City.
- Creative facilitator for ConcentrArte - Art, ecology and education (June-September 2013). My role was to design and implement programmes to highlight biodiversity protection. The focus was on nature connectivity and empathy with the land and culture. The three projects were:
 - Cuatro Ciénegas nature reserve - a youth and school focused art programme to build resilience and bring focus to the importance of the biosphere and adverse impact of corporate farming.
 - Huichol Communities - cultural themed mural painting, ritual, film making as part of a collaborative rainwater preservation and reforestation project in the sierras.
 - Casa Laam Art Centre, Mexico City - a community youth art project and summer school
- Program creator and artistic facilitator - The Huichol Centre for Cultural Survival Mexico (May 2012). Creating an art and culturally appropriated education programme for children. This was a social-care project based on traditions, story and ritual in both Spanish and English. Facilitated so children actively and creatively translated everything into their own Wirarika language as part of the learning tactics.

PR, Marketing, Events and Corporate Account Management -

- PR & Charity Program manager, The Royal Parks Association, London (2013) - A specified role to manage the charity fundraiser Deckchair Dreams and execute an art exhibition and auction at the Halcyon Gallery. Working alongside contemporary artists - producing an international reaching press launch.
- Senior Associate, Emanate PR (2010-2012) - High level account management of corporate consumer health and beauty FMCG brands, developing and implementing their PR and marketing strategy, managing the press office team, negotiating ongoing budgets and reporting to clients.
- Independent Freelance Event and PR Consultant (2005-2010) - Working generally across consumer food and drink FMCG, beauty, consumer healthcare. Agencies included Phipps PR; MS&L; Cow Communications; Shine PR.
- PR & Events Manager KLP Euro RSCG Entertainment (2001-2004) - Working on music festival and international music events for global drinks and communication brands (clients included Orange, Phillips, Carling, Smirnoff).

REFERENCES AVAILABLE ON REQUEST