

Amanda McGregor

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Amanda works with pastoral care, through therapeutic development, safeguarding, communication, art, applied philosophy, writing, business development and family lifestyle management. Amanda's skills are unique; created through a highly developed philosophy that enables sophisticated creative communication and a deep understanding of human behaviour, enabling powerful development, therapeutic practice in care, growth, crisis prevention, safeguarding, social care, coaching and creative communications. Amanda has a Masters in Creative Curating from Goldsmiths, University of London; she is a curator of people, art and environments and has developed a pathway of pastoral care, that enables sophisticated communication and development, embracing multi-faith and global cultural development. Personally, Amanda has a passion for Holy Springs and water experiences, she is an artist and a writer.

- 2025** **Level 7 Health Social Care Diploma**
 Safeguarding Level 4
 Designated Lead Safeguarding
 Crisis Prevention
 Duty Prevent
 First Aid
- 2023** Pastoral care whilst working both with Christian and Buddhist directives to achieve outstanding results in social and health care - **Highest Yoga Buddhist Tantra**
- 2000-2002** Goldsmiths College, University of London
 MA, **Creative Curating**
- 1994-1998** Winchester School of Art, University of Southampton
 BA (Hons), Textile Art, **Visual Art**
- 1995** Hochschule Der Kunste, Berlin, Germany, three month placement
1993 Buckinghamshire College, Brunel University
 Foundation in Art and Design
- 2005 - 2008** Trained Carer, working for Premier Personal Care, End of Life Care, Palliative Care.
- 2017** Kew Training: Michael Newton Phd, Hypnotherapy
 Diplomas in **Clinical Hypnotherapy and Past Life Regression**, Master's in **Coaching**, Creative Development and Psychic Development, Creative Development, Ritual and Sacred Expression.
- 2001-2003** The College of Psychic Studies, South Kensington
 Holistic Healing College, Hastings with Blue Marsden.
 Andrew Hayn Phd, Kathy Eckles - Life Centred Healing, Boston
 Trauma based Therapist, Coaching, Emotional Freedom Technique, Reiki, Clinical Hypnotherapy, Regression Hypnotherapy, Past Life Hypnotherapy, Quantum Physics.

Present 2025

Special Education - Insight Education - Development and Communication for families and students to help with learning and organisational development.

Nudge Education - Nudge Minds Practitioner, working with children who have suffered exclusion, neurodiversity and Trauma. Applying intuitive therapeutic processes with creativity, reflection, rest, movement and nutrition to enable students to develop, engage in education and grow in personal relating and education.

Certificates - DBS, Safeguarding level 5, plus Designated Safeguard Lead, First Aid, Prevent Duty, Risk Assessment, Crisis Prevention.

2012-2025 Independent Consultancy, Development and Communications

2023 - Light Centre, Marylebone High Street, London W1U 5HJ

2003 - Natureworks, Balderton Street, Mayfair W1K 6TN

2012 - 2017- St Katherines Parmoor, Frieth RG9 6NN

Many international clients through the use of Skype, ZOOM, Teams, WhatsApp

2015 - 2023 Airbnb Host Business; glamping with hand developed creative spaces, branding, unique experiences - with over 100 reviews.

2023 - www.insightforlife.co and www.amandamcgregor.com

2020 - Launch Brand **Insightforlife**, product designs by Amanda McGregor including wallpaper, directors chairs, chairs, silk cushions, scarves, wallets, leather handbags, fashion and home furnishings.

March 2022 Applied Vision with MA Applied Imagination

2017-2019 Living Legacies, Amanda McGregor and Kathryn Best

Central Saint Martins London, Visiting Practitioner, including Curating a festival with the students, Symposium and Final Projects.

Dec 2018 - 2019 Coaching Communications and Development Training with

Kurt Rowe - Random House Publishing, Royal College of General Practitioners, Breast Cancer Care

May 2017 - 2019 Development and Communications

University of London, M.A. Arts Design Management and Cultural Studies

Visiting Practitioner working with Kathryn Best: Author of Strategy in Design

'Archive', 'Zine' magazines. Creative communications using the power of the 'voice'; teaching the students to bring understanding to the authentic voice of creativity and to bring values to creative communication.

Private Session - Present

2016-2024 Hypnotherapy Dip DA, Hypnotherapy Past Life Regression Dip DA

Inner child, regression, development and communication using stories for transformation and healing, especially for acute trauma and terminal illness.

Published May 2016 - Seeds of Light - An Anthology of Poems

Creative Development Therapy - Present

2003-2024 Accredited by the Complementary Medical Association

2011-2019 Articles - www.artlyst.com Editor - Paul Carter Robinson, for a concise list of articles and exhibitions written by Amanda, please see at articles www.beloved-light.com, more www.insightforlife.co

2008-Oct 2013 Intuitive Therapist

Mysteries, Covent Garden, Neal's Yard - Global Cultural, Pastoral Care using Intuitive therapeutic practice and creative thinking - Amanda worked on a one to one level with over 4,000 people. Curating people by using the spoken word, combined with coaching, intuitive and therapeutic approaches. Amanda helped many develop and heal from major trauma, bereavement and inspire career development. Amanda works at building strong secure internal working structures on an individual and team basis. Amanda has a very valuable skill in 'remote viewing', used for deep under-

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standing of behaviour, strategic planning with teams, human resources, investment strategy. Amanda's philosophy and values, allow for the creation of strong foundations, enabling a secure working infrastructure based on economic stability and constructive communication developing brand, service product or product or human resource.

- 1998 - 2002 Art Gallery Assistant - Anthony Wilkinson Gallery, Bethnal Green
Five Years, Old Street
South London Gallery, Camberwell, London
- 1999-2001 Architecture Personal Assistant - Trevor Horne Architecture, Clerkenwell
- 1986-1998 Catering for large weddings, events and waitressing (Before Master Degree)

2023 Exhibitions and articles are listed on the website - <http://beloved-light.com/art/art-exhibitions-events-and-projects-2/> or please ask for a list of exhibitions. www.insightforlife.co Please see websites for gaps in C.V. as too many projects for C.V..

References -

Sam Butterworth - 07941235884 - Both Professional and Character Reference
Samual Butterworth,
Governors's Office,
Green House,
158 Northgate,
Wakefield,
West Yorkshire, WF1 3UF

Helen Germanos
07787242400 (Greece) - Professional and character, Client of over 15 years.

Kalaviton 27
Voula
Athens 16673
Greece

Victoria Brice - Quality Assurer, Regional Lead, Nudge Education - Assistant Regional Lead - 07939911906
Current - Professional

Office G39, Amber Court, William Armstrong Drive, Newcastle upon Tyne, NE4 7YA, the management team work online remotely. Nudge Education is based in Newcastle but is a National organisation.