

My Research Question:

“Can The Introduction of Simple Self-care Techniques in the Classroom Benefit Students Emotional Wellbeing?”

I currently work at The City Lit (HEI) as a Digital Arts Technician for the Visual Arts Department and have recently begun teaching on both accredited Art and Design and non-accredited Fine Art courses. Preceding my work in education, I trained and worked as a Massage Therapist and have a keen and ongoing interest in Alternative Healthcare, which I bring to the PgCert. As a person of Colour I also bring a commitment and dedication to Social/Racial Justice