



PARIS
BARTHOLOMEW

TRAINING & SPEAKING

2024



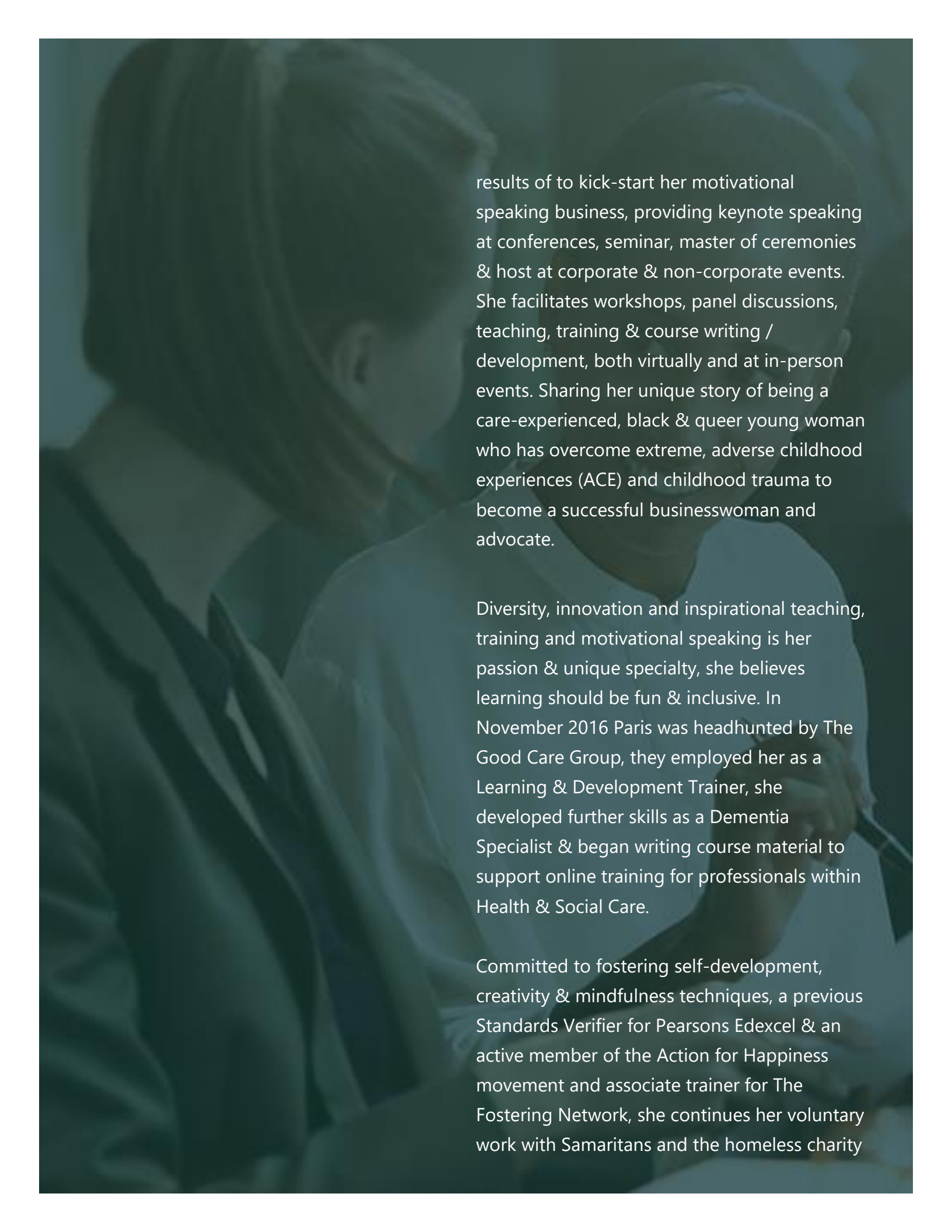
Paris Bartholomew

Paris is a self-proclaimed workaholic with an extensive career spanning psychology, mental health, education & public speaking: care experienced, positive with a powerful story of resilience. She won the Whitbread Award for outstanding contribution to society through voluntary action in 1992 & continues to work with charities, with a particular focus on disability, homelessness & mental health (in particular, suicide prevention).

Last year Paris was nominated for an award as CPD Trainer of the year, and a Kings Award for service to the community in light of overcoming complex trauma & adversity during childhood. A well-deserved & highly recommended nominee.

One of the core themes at the heart of Paris's remarkable work and educational history is her unwavering commitment to community and to service. She obtained a Post-Grad qualification, PGCE & an MA in Psychology, which enabled her to provide more focused work with adults, teaching, lecturing and facilitating learning as a trainer, she is qualified to educate and inspire adults in a wide range of subjects, including professional development (CPD) for professionals in health, social care & education.

In 2014 she undertook a research project to find out what motivates people & used the

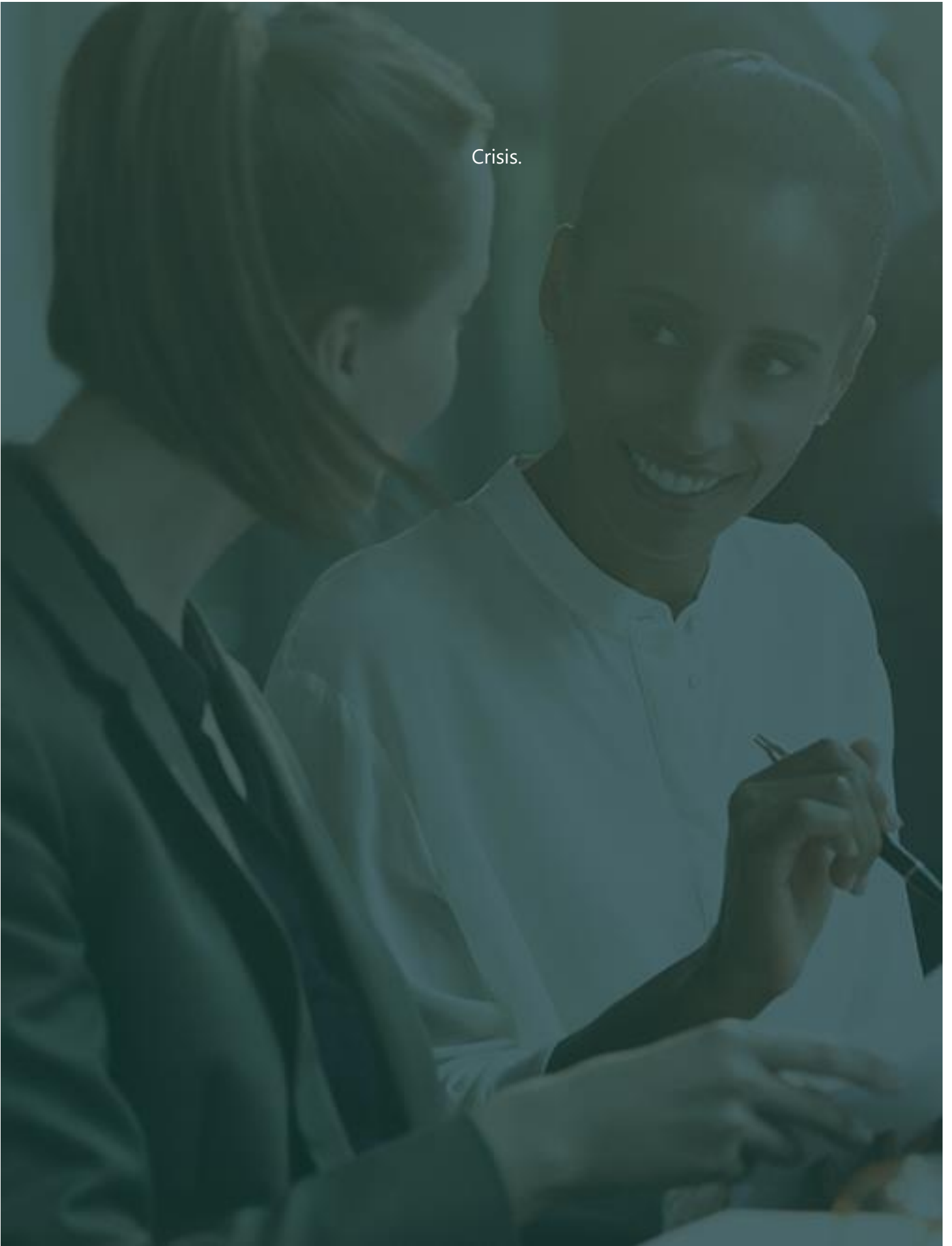


results of to kick-start her motivational speaking business, providing keynote speaking at conferences, seminar, master of ceremonies & host at corporate & non-corporate events. She facilitates workshops, panel discussions, teaching, training & course writing / development, both virtually and at in-person events. Sharing her unique story of being a care-experienced, black & queer young woman who has overcome extreme, adverse childhood experiences (ACE) and childhood trauma to become a successful businesswoman and advocate.

Diversity, innovation and inspirational teaching, training and motivational speaking is her passion & unique specialty, she believes learning should be fun & inclusive. In November 2016 Paris was headhunted by The Good Care Group, they employed her as a Learning & Development Trainer, she developed further skills as a Dementia Specialist & began writing course material to support online training for professionals within Health & Social Care.

Committed to fostering self-development, creativity & mindfulness techniques, a previous Standards Verifier for Pearsons Edexcel & an active member of the Action for Happiness movement and associate trainer for The Fostering Network, she continues her voluntary work with Samaritans and the homeless charity

Crisis.



COURSES

Administration of medication

Assertiveness Building (self-esteem & identity)

Attachment & Resilience

Autism Awareness

Anaphylaxis (& other allergies)

Autism for Advanced / Working with Autism

Behaviour that challenges (Children and adults)

Child Development

Coaching Fundamentals /Coaching & Mentoring

Communication & Record Keeping

Chronic Obstructive Pulmonary Disease (COPD)

Dementia Awareness / Dementia Train the Trainer Dementia

Deprivation of Liberty (Safeguards) (DOLS)

Diabetes Awareness

Diet & Nutrition

Dignity in Care

Drug Awareness

Eating Disorders Awareness

End of Life Care

Epilepsy Awareness

Equality, Diversity & Inclusion (including LGBT+)

Fire Marshall/Warden

Food Hygiene and Food Safety



GDPR & Data Protection

Health & Safety

Infection Prevention /Control

Introduction to psychology (Psy101)

Learning Disability Awareness

LGBTQ Awareness

Life Story Work

Mental Capacity Act (MCA & DOLS now called LPS)

Medicine administration / Management

Moving & Handling (People Handling with Risk Assessment)

Parkinson's Awareness

Mental health & Personality Disorder

Mental Capacity Act

Moving & Positioning (M&H)

Neurological Conditions (An introduction to)

Personal Development /Coaching

Presentation Skills

Risk Assessment

Safeguarding Adults /Safeguarding Children

Self-Harm & Suicide

Separation, Loss and Bereavement

Sexual Health Awareness

Special Educational Needs & Disability (SEND)

Stroke & Neurological Conditions

Understanding the needs of Children Looked After (Care experienced young people)

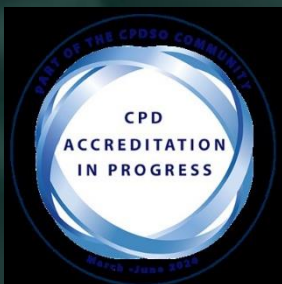
Understanding the needs of the Elderly & Person-Centered care

Please do not hesitate to enquire about any courses not listed.

Many thanks.

parisnotthecity@gmail.com

<http://www.survivegrowinspire.com>



Public Speaker

TOPICS

- Looked after children.
- Foster care & the placement experience.
- The experience of being a foster carer.
- Resilience.
- Life story (work).
- Well-being (stress, loneliness).
- Invisible Disability.
- Overcoming adversity.
- Childhood trauma (incl. intergenerational) (complex).
- Trauma informed practice (care).
- Vicarious trauma Compassion fatigue & burnout.
- Self-esteem, self-concept, and confidence.
- Adverse childhood experiences (ACEs).
- Equality, diversity & inclusion.
- Mental health & wellbeing (Mental illness).
- Positive Psychology.
- Happiness habits.
- Kindness.
- Spiritual health & well-being.
- Substance use (Drug & alcohol misuse).
- Motivation.
- Looking young / 'age is just a number'.
- Mindfulness.
- Relationships, trust and love.