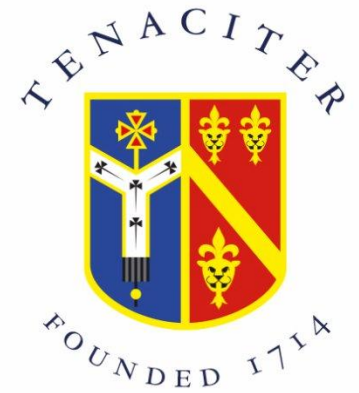


Career's Talk: Building resilience

Today's Speaker's



Georgia Wilson ACA,
MSc, BSc

ICAEW Chartered
Accountant
[Centrica](#)



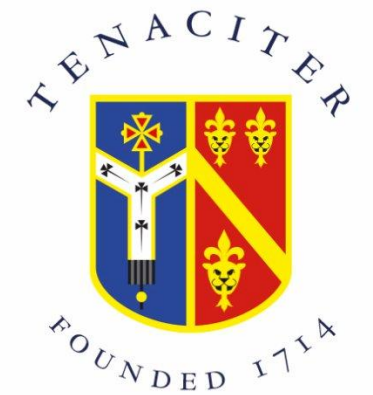
Lara Jonah
Registered and Chartered
Forensic Psychologist
[Her Majesty's Prison](#)
[Service \(HMP\)](#)



Nicole Mason
Team leader in the Civil service
[Foreign and Commonwealth](#)
[\(Africa Directorate\)](#)

Career's Talk: Building resilience

Today's Speaker's



Career's Talk: Building Resilience

9:55am: Introduction and Housekeeping

10.00am: 10 minutes presentation by 3 x speakers = 30 minutes;

10.30am: 15 minutes = Q&A;

10.40-10.55AM : BREAK

(Year 13/ student remain for 1-2-1's - the rest return to class lessons)

11am: 10 minutes 1-2-1's with 1 group of 8 student, per speaker. (This would rotate = total of 10 x 3 = 30 minutes).

11.30-35am: Final comments and close./Total timing = 1-hour and 35 minutes, including a 10-15 minute break between the end of the Q&A and 1-2-1's.



Career's Talk: Building resilience

Today's Speaker's



Georgia Wilson ACA,
MSc, BSc

ICAEW Chartered
Accountant
[Centrica](#)

Georgia is a senior finance professional with 10+ years' experience at Centrica, Shell, and Deloitte as a chartered accountant. Her client portfolio's have covered the areas of energy, mining, utilities, infrastructure, and real estate sectors for publicly listed and private equity companies.

Georgia is currently at Centrica. In her career, she has led and delivered, under pressure, across cultural and geographic boundaries, utilising excellent communication and inter-personal skills. Prior to moving to London, Georgia was a well experienced public sector professional in Grenada for 6 years.

Georgia enjoys eating out with friends, holidaying and hanging out with her family, especially woodland walks and exploring the countryside. She has a boy and a girl who are both under 9 years old. She is also an active member of her son's PTA at Reedham Park.

Career's Talk: Building resilience

Today's Speakers:



Lara Jonah

Registered and Chartered Forensic Psychologist

Her Majesty's Prison Service (HMP)

National Specialist Lead for

Domestic Abuse Interventions

Lara Jonah is a registered and chartered Forensic Psychologist, who works for the Prison and Probation Service. During her 20 years in this service, Lara has worked in a number of prisons, including HMP Wormwood Scrubs, as the Head of Psychology.

In her current role, she is the National clinical lead for an offending behaviour programme that addresses, Intimate Partner Violence (formerly known as Domestic Violence). Lara has worked on international projects and is currently on a cross government working party, that is supporting the development of new legislation. In her current role at the HMP services, she is based in Central Croydon.

Career's Talk: Building resilience

Today's Speaker's



Nicole currently works in the Foreign and Commonwealth Office (FCO), in a role focused on the UK's policy on Africa. Prior to that, she worked in the FCO's Parliamentary Relations Department. She started her public service career in the House of Lords, where she worked in a number of different.

She is passionate about ensuring that the Civil Service and Parliament is inclusive, and that people from all backgrounds are welcomed and supported to progress. She is the first BAME person to have joined the House of Lords fast stream, and has sought to promote Diversity and Inclusion during her time there.

Nicole Mason

Team leader in the Civil service
Foreign and Commonwealth
Office

Serious Organised Crime,
Migration and Modern Slavery
Africa Directorate |

Nicole feels strongly that neurodiversity should be promoted in the workplace. She is dyspraxic, and her own experience is that, while dyspraxia can be a struggle, it can also be a massive asset in her working life – allowing her to approach things in a different way and to see links where others cannot.

Outside the world of work, she enjoys cooking (and eating), and travelling abroad. She is currently learning German in her spare time.



Aim High, Achieve More!

Lara Jonah



Current Role



Design and support for an offending behaviour programme



Design and delivery of training



Consultancy and advice

Previous roles

Group work

Writing Lifer reports

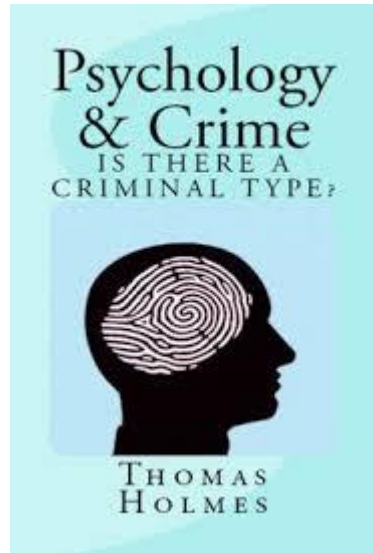
Management and supervision of trainee psychologists

Surveys of staff and prisoners

Staff training

Wing psychologist supporting prisoners on a busy wing

My Journey



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Highlights

Feeling you have made a difference

Learning about myself

Triumph over adversity!!!

Butler Trust award

Foreign Travel



Challenges



Workload

Potential to burnout

Hearing about offences

Difficult environment

Forensic psychology



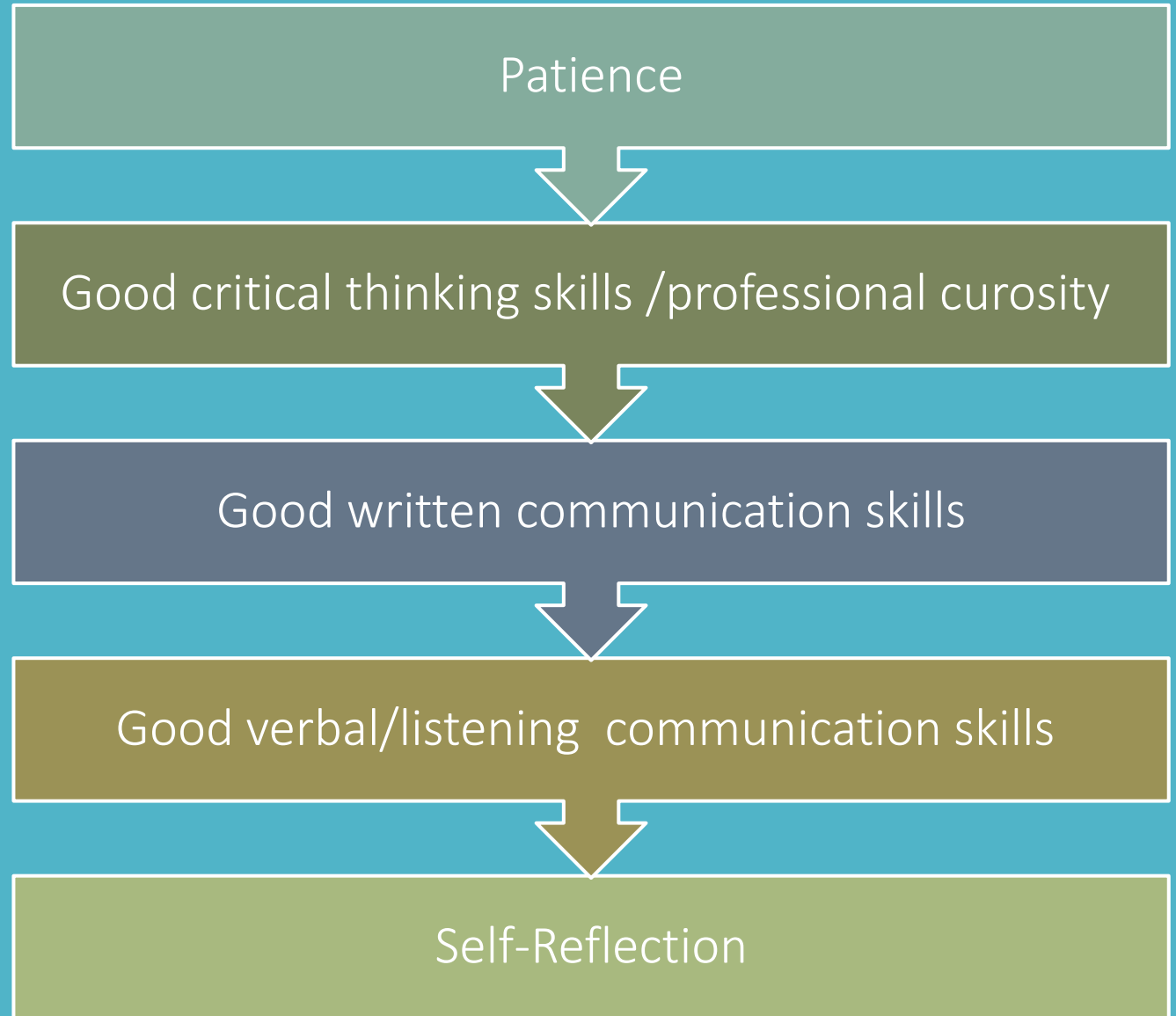
Training Route

Graduate Basic
Chartered membership
– (check the course
you apply for has this
standard)

BPS Accredited
Masters in Forensic
Psychology

Stage 2 qualification
(minimum of two years
supervised practice)

Helpful skills



What I've learnt

- Do your own research
- Find your supporter
- Don't be afraid to ask for help
- See the journey in stages
- Know your strengths and areas of vulnerabilities and own them!
- Nothing is set in stone / you can change your mind!
- You get your inspiration from anywhere.... the rest is up to you



1

You are asked to design a support programme for person who steals cars

2

What would you want to know and why?

3

Name two things you would include in the programme?

Quick task