

# **SANDRA ELISABETH FRAIN**

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## **CAREER SUMMARY**

Throughout my career I have set up and established a number of successful businesses and completed numerous contractual obligations on time and within budget. These have ranged from working with the Canadian government to set up a program to empower troubled youth ( including those in the Canadian 'out of home care' program) to teaching in New York, working with traumatised groups in China, teaching in Vietnam to now in Northern NSW running a successful home based family style day care program.

All of this work was obtained through word of mouth; my reputation for working with traumatised groups has led to further projects and assignments in different parts of the world. I am regarded as a person who gets the job done no matter how difficult. I have worked with small family groups to large (over 300) groups from different backgrounds and communities.

I have successfully worked with vulnerable, complex and traumatised adults and children, people with ethnic sensitivities, and children with special needs, at all times being mindful of what may be specific and hidden sensitivities. I am used to working with interpreters.

## **KEY PROFESSIONAL SKILLS & STRENGTHS**

- A positive disposition and "can do" attitude, and effective people management skills.
- Effective communication, interpersonal and negotiation skills.
- Flexible and responsive to changes. Quick to learn new skills.
- Highly organised with excellent problem solving skills and experience with working with traumatised groups.
- Teacher, mentor, facilitator to large and small groups from differing ethnic communities.

## **CAREER HISTORY AND ACHIEVEMENTS**

### **SELF EMPLOYED**

#### **Mid North Coast and Northern Rivers**

**2005 - present**

Set up and operated, firstly in Northern Rivers then in Mid North Coast, home based family-style day care for up to 7 children. The model is designed around interactive experiential learning and not just a child minding service. As a consequence parent education workshops and intergenerational family education opportunities are part of the service.

#### ***Achievements:***

- Parents reported that hypersensitive children developed trust and emotional stability.
- Positive feedback from parents as recorded at [www.Sandrafrain.com](http://www.Sandrafrain.com)
- Parents commented on the positive social and emotional gains shown by their children.
- This is an enjoyable experience for the children as shown by their eagerness to attend each day their happy smiling faces and calm dispositions.
- A three year waiting list for the service in Northern Rivers.
- Selected to represent overarching FDC Scheme as a model 'Sustainable Development Education' for presentation to Ministry of Education.

*During this time I also:*

- Conducted “Wise Ways Work” education sessions for all ages, Family Style Home Education and Adult Workshops, Private Consultations for healing of child, parent, family and professional guidance for teachers.
- I taught comprehensive classes at Grail Quest ECE “Kingdom of Childhood ‘Teacher Training.
- Developed and facilitated “Nature with Children”, plus nutrition workshops for teachers and parents Northern Rivers, NSW, a ‘Rainforest Kindergarten Play Group ‘ and training for adults.
- Was a preschool teacher at Shearwater Mullumbimby School where I initiated the creation of a special class for families with special needs.

## **Vietnam**

**May 2016**

Here I was teaching Early Childhood Education workshops and teacher mentoring in Hanoi and Saigon to a diverse group of business people, teachers, advertising students, therapists, medical community farmers and gardeners.

- Feedback following the group sessions was overwhelmingly positive. Comments included *‘Passion for the topic and energy for teaching is like none other I have ever experienced’*, (Son Nguyen agriculture student) and *“Thank you for your kindness, enthusiasm and inspiring...Thank you with all my heart’*- Trang, Vietnam, 2016

## **Northern Rivers**

**February 2016 – August 2016**

- Resident educator at Myocum Farm House, Northern Rivers: Rehabilitating vegetable garden and lawns with restorative agriculture resulted in flourishing environment. Outcome was ‘a return of the birds and the bees’ and many people inspired to care for the land without the use of poisons.
- Creating ECE, and Nutrition workshops and Storytelling (for all ages ) resulting in positive feedback such as ‘thank you for teaching me about myself and how to live’.

## **China and Fiji**

**June 2015 – January 2016**

I was invited to work with children (primarily early childhood), parents and teachers in four provinces each of which has their own unique history. The 2008 earth quake in Chengdu also left people traumatised. The project involved working with multi-generational family units of up to 70 people who were relearning family skills and re-establishing familiar bonds. Interpreters were used at all times with care being taken to be mindful of cultural differences within the groups.

*This work included:*

- Two separate (30 day & 90 day ) Teacher in Residence: Coaching and mentoring six E.C.E classes, Parent/Teacher Education Trainings, All-Staff Trainings, regular intergenerational familial restorative experiential sessions at Tianfu Forest School Southwest China;
- Developing and presenting three and five day workshops “You too can be a Storyteller”, Tianfu Forest and Fuzhou China,
- Developing and facilitating three nature based workshops for teachers and parents,
- Guest speaker and contributor at educational and ceremonial conferences of between 200-400 people,
- Coaching and mentoring, two, week long nature -based drama camps in Beijing and Inner Mongolia,
- Developing and Presenting five day training ‘Winter Camp’ activities for students becoming camp counsellors, Beijing Phoenix Hills,

## *Achievements*

- Participants expressed their deep appreciation for the work undertaken.
- They connected themselves and their children, to the land and nature, to their history and the real possibility of healing through their own wisdom and compassion and meaningful deeds.
- Success can also be gaged by the popularity of the workshops and the referrals for additional work over the year I worked in China.
- Positive feedback including such remarks as “She is the most energetic lady I have ever met during my working experience” – Leo, China, 2015.

*In addition during this period I was also invited to provide:*

- A two 14 day “Teacher -in –Residence” programs on the: evaluation, mentoring and teaching of kindergarten teachers and their professional development in Suva, Fiji,
- A five day professional development intensive for aspiring and ECE teachers in Perth, WA. Feedback was overwhelmingly positive and included remarks such as “Best PD I’ve ever been to”.

## **Southern Highlands, NSW**

**September 2001- September 2004**

- Relief teaching and gardening teacher at the Bowral Rudolf Steiner Primary School, Classes 2-7.
- Developed and delivered “Working Together”, a cooking and gardening program for adult participants in a drug and alcohol rehabilitation program in Moss Vale NSW.
- Marketing, distribution, editing for publishing company with international interest.
- Presented comprehensive interest workshops at educational conferences.

## **New York**

**June 1998 – September 2001**

Developed and implemented a seasonal Farm Education program for visiting children at historic Duryea Farm, New York. Daily, this farm catered for between 20 – 300 children with disabilities, health issues, children in ‘out of home care’ and vulnerable families. Integral, was including the elderly residents of the farm. I was also the teacher of Class 2 and 3 Craft at Green Meadow Waldorf School plus a facilitator and mediator between parents, teachers and children. I was also a Summer Camp- ‘Art’ Counsellor for Nature Place in Chestnut Ridge, New York.

*The achievements* could be seen when children left the settings demonstrating reduced challenging behaviours, increased social skills, respect for food, animals, forest and a newfound respect for each other.

## **Canada**

**September 2001 - 1980**

In Canada I developed and implemented the *Ontario Government pilot “Independent Living Program”* for Youth of Family and Children’s Services in Renfrew County (Canada’s Child Protection Agency). *This resulted in the creation of a life skills program tailor made for at-risk youth in rural Canada.* I provided team building for 15 social workers who previously worked as sole operators.

I also organised a foundational Symposium “Violence and Youth. Our Issue Our Response: an Action Plan for Ottawa-Carleton. This involved engaging multiple stakeholders (police, school boards, mayor & councillors, churches, businesses, child protection and youth representatives) and then facilitating event attended by over 400 participants from multiple ethnic and cultural groups.

*Achievements / Outcomes included:*

- The establishment of a Youth Secretariat, funding for Youth Centres, an increase in affordable housing plus legislative changes,

- The Development of a number of Preschool Programs which empowered the parents and ‘street’ children. Plus ‘Active Living Canada’ research resulted in activating previously inert populations,
- The establishment of a Community Development Assistant to the Minister of Government and Correctional Services, Ottawa. (Liaising between community interest groups and the Provincial Government that resulted in significant change of inner city Ottawa in relation to affordable housing and environmental responsibility),.
- Developed (Inaugural) Children’s International Centre, Immigrant Women’s Support Program and International Leadership program for Youth of Ottawa-YM-YWCA.,
- Developed nature based healing children’s programs for indigenous, refugee, physically disabled children and youth in eastern, and in northern Canada. Resulted in children participating in healthy risk taking.

### PROFESSIONAL QUALIFICATIONS

- Certificate 4 in Teaching and Assessment (TAE) (yet to be completed)
- ACEDQA Early Childhood Teacher Qualification
- Masters in Science (Waldorf Education) Columbia University, New York, U.S.A.
- Bachelor Degree in Child Study Mount Saint Vincent University, Halifax, Canada
- Diploma in Waldorf Primary Education Sunbridge College, New York, U.S.A.

### PROFESSIONAL DEVELOPMENT

- Working with At Risk Children Certification with Australian Government (2006 – 2013)
- Mentor Training “Freeing the Spirit of Childhood, ARSECE Brisbane
- Training the Trainer for ‘Familal forum’: Parent Education Berlin, (Melbourne)
- Trauma for Healing:’Kolisko Medical Education’; Cambridge, NZ
- Global Topics in Dramatherapy Centre, Sydney between 2004 -2014

### PROFESSIONAL ASSOCIATIONS/AFFILIATIONS

- Trustee of the College of Teachers, Periwinkle Pre-School
- Family Day Care Australia
- Association of Rudolf Steiner Early Childhood Education