

My name is Rose and I am 31 year old mother of two. I qualified as a Summer Mountain Leader in November 2020 and I am a Mental Health Nurse. I think that I would be suitable for the role of BMC Hill walker counsellor as I am passionate about the outdoors, mountains, hillwalkers and their interests. I have a strong voice and I am experienced in advocating for people and groups. With a lot of energy and drive for my passion of the outdoors and to continually develop and learn, I am very eager to be considered for the role and to have the opportunity to work with and learn from experienced councillors and the BMC Office. I think that the news of the BMC's re-structure is exciting and I would love to be a part of it!

I have developed a wide range of experiences throughout my career that are all helpful and beneficial to this role and I think that diversity in terms of skill set are essential for this role due to the wide diversity of hill walking members that require representation.

Along with my partner I operate a grassroots outdoor company teaching Navigation in the Lake District national Park called NavTrek. Through NavTrek I also combine my passions for the outdoors and supporting mental health through organising and leading monthly 'wellbeing walks'. With these walks, over the last 9 months I have successfully introduced people to hill walking and built an inclusive and supportive community in the outdoors whilst raising over £3000 for mental health charities in the process.

I am a strong advocate for women in the outdoors and I am currently sponsored by Salomon who support me in my outdoor pursuits. I have a strong online presence in the hill walking community through my social media channels and I actively engage with the hill walking community regularly through social media channels, outdoor festivals and attending group events.

I am very driven in my passions and I display the upmost commitment to my pursuits which have always allowed me to excel in what I do. I am experienced in event organisation, marketing, promotion and campaign work. I believe that I would not only make a good voice for the hill walking community but also be a good public representative of the council. I think that I would be able to effectively facilitate positive exposure of the BMC to a wide audience of hill walkers including the newer increasingly growing generation of hill walkers.

Through my professional career I have developed skills in assertiveness, problem solving and creative thinking. I am currently in post as a senior mental health practitioner 3 days per week, along side this I have worked part time at my local university delivering lectures in therapeutic interventions in mental health with a large focus on Ecotherapy and the outdoors/hill walking for mental health. I do believe that I hold all the personal skills and qualities that the council are seeking in the successful applicant and I have also previously attended formal training on service innovation and leadership which I believe are transferrable skills that would be of benefit to this role should I be successful in my application.

www.navtrek.org

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