



Emma Winston

Educator, researcher, and aspiring coach



I am experienced in teaching, mentoring, listening, and speaking, in environments ranging from academia to acute mental health crisis volunteering. I excel at communicating, empowering people to move towards reaching their goals, and deeply listening to allow others to feel truly heard.

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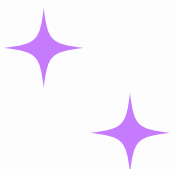


Skills

Active listening
Communication
Non-judgment
Crisis resolution
Interviewing
Client scheduling
Research

Interests

Gaming
Mental health
Neurodiversity
Anthropology
Sociology
Psychology
Creativity
Restoring retro handhelds
Music production



Work Experience

06/2021 Crisis Volunteer (Shout 85258)

- Present**
- Listening to people in crisis via text message, and empowering them to keep themselves safe
 - Building rapport, exploring through active listening, and supporting texters to identify longer-term sources of support
 - Signposting to specialist resources, where required
 - Safeguarding, assessing suicide and self-harm risk, and triaging to emergency services where necessary

01/2022 Study skills tutor (self-employed)

- Present**
- One-to-one study skills tutoring, on an occasional basis
 - Documenting goals and progress
 - Recruiting and scheduling tutees



10/2015 Ethnographic researcher (Goldsmiths, University of London)

- 04/2022**
- Managing and executing large-scale funded ethnographic project at doctoral level
 - Recruiting, scheduling and interviewing participants, securing ethical clearance
 - Processing and analysing large volume of ethnographic data and relevant literature
 - Producing research outputs intended for a wide range of audiences

10/2015 Associate lecturer (KCL; Goldsmiths, University of London)

- 06/2022**
- Teaching courses in music, media and cultural studies from first-year undergraduate to Masters level, face to face and virtually
 - Designing syllabi or delivering pre-written materials depending on requirements
 - Grading and giving constructive feedback to students
 - Running group sessions and individual tutorials on study skills
 - Discussing wellbeing, signposting students to specialist resources where needed

2014 Musician/developer/content creator (self-employed)

- 2020**
- Songwriting, music production, creating Twitter art bots and narrative games
 - Building a small community on YouTube and Patreon
 - Performing live shows locally in London and on Twitch on an occasional basis

Training

02/2022 CPCAB Counselling Skills - Level 2 (CPTA)

07/2020 Understanding ADHD: Current Research and Practice (KCL)

01/2020 Autism & Sensory Experience (National Autistic Society)

12/2019 Autism & Communication (National Autistic Society)

10/2019 Understanding Autism (National Autistic Society)

Education

2015 Goldsmiths, University of London

2022 PhD, Media anthropology

2011 Goldsmiths, University of London

2012 MA, Popular music research

2008 University of Cambridge

2011 BA, Music

