



Diane Youdale

**Psychotherapist/Counsellor,
Health & Fitness Professional,
Teacher,
Facilitator,
Professional Actor & Dancer.**

Diane trained at Guildford College in the Clarkson Integrative model. She completed her foundation stages of training at Surrey University which also included Research and Design Methods in Psychology. In her practice she also draws from other traditions including TA, CBT and NLP where appropriate. With a professional teaching, presenting and performance history in the Health and Fitness Industry Diane works holistically encouraging complete lifestyle review and evaluation if and where appropriate.

Diane is to resume her MSc research in the parallels of modern day Psychotherapy and Buddhist philosophy, at Greenwich University. She has been teaching for the private sector for 15 years and was a part time curriculum teacher at The Royal School, Haslemere.

Diane also has a successful media and theatre back ground, to which she sometimes still contributes. Initially she was a member of the National Youth Theatre and National Youth Dance Company. Then once she had completed her professional training at London Contemporary Dance School and The London Studio Centre she experienced fame and good fortune in many productions as an actor and as a TV/Radio presenter.

Her high level of fitness and experience culminated in her working in the role as 'Jet' in ITV's highly successful entertainment show 'The Gladiators'.

Her time as a Gladiator ended in an accident during a show. This experience equipped Diane with a lasting but manageable injury. Positively, a most valuable insight was gained into the motivations behind gaining success in its most easily accepted guise. This journey has led Diane to her interests, studies and professional practice today.

Her current posts include Staff Support Counsellor for the NHS covering the Surrey Hampshire Borders Trust, as well as running her own private holistic practice in the Frensham area of Farnham.

Diane has also formed two programmes '*The Art of Living*' and '*The Core Philosophy Programme*', which are aimed at looking at the whole person. They are directive and experiential learning based, making them easily digestible and appropriated. These programmes are run in Organisations, Further and Higher Education establishments and compliment the Government's Commission for Health Improvements (CHI) objectives.

Diane is also a partner in GB Fitness and offers qualification courses in Pilates, Dance Choreography, NLP and motivational techniques, as well as corporate 'well-being' programs - with the physical and emotional being addressed in a truly holistic manner.

ACADEMIC CAREER

- 2005 GB Fitness/NABBA Advanced Gym Instructors Cert.
- 2005 GB Fitness/BCMA Diploma in Advanced Nutrition for Optimum Health
- 2004 OCR level 2 Certificate in Teaching Exercise and Fitness, Pilates Solutions.
- 2004 Appointed Persons First Aid, Health & Safety First Aid Regulations 1981.
- 2003 Couples Counselling Certificate.
- 2000-2 Advanced Diploma, Integrated Counselling BACP, Guildford College. Level 4.
- 2000 Diploma Reflexology IHHHT,VCTC.
- 1997-9 Higher National Certificate in Counselling, Surrey University.
- 1998 Research and Design Methods in Psychology, Surrey University.
- 1998 Contemporary Concepts in Psychology, Surrey University.
- 1997-8 Preliminary Certificate in Counselling Skills and Theory. SOCF.
- 1996 Introductory Certificate in Counselling Skills and Theory, SEA.
- 1990-1 Diploma in Fitness and Exercise Studies. Farnborough College of Technology.
- 1990-1 OCR, RSA Teaching Exercise to Music. Farnborough College of Technology.
- 1987-9 Diploma in Performing Arts, The London Studio Centre.
- 1986-7 Certificate in Choreography and Dance, London Contemporary Dance School.

On Going Studies

- 2005 City and Guilds 7407 Further and Adult Education Teachers Certificate
- Certificate in Further Education Teaching

On a personal level she enjoys walking, sharing good food, surfing teaching Pilates and dance.

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Curriculum Vitae