

EMS Advisory Board

The Group helps realise the vision of the organisation and advises on its operation, is a sounding board for planning and supports the director in her role. The majority of the Members are former students of Everyday Mindfulness Scotland, reflecting interests and needs of the community the social enterprise serves. In legal terms, Everyday Mindfulness Scotland operates as a sole trader; and the Advisory Group have no financial or legal obligations to the organisation.



Jeannie Mackenzie, Founder of Everyday Mindfulness Scotland and was the Director for five years, before retiring at the beginning of 2017. Her vision was of mindfulness training and support offered in a secular context and in a down to earth, everyday style. A mindfulness teacher, teacher trainer and supervisor, Jeannie is passionate about the practice because of the difference she finds it makes to her own health and wellbeing. Although her background is in school teaching, family learning and integrated children's services, Jeannie has an entrepreneurial spirit and has set up and run two successful small businesses. Now stepping back to spend more time on caring responsibilities, she retains a keen interest in the future development of EMS. Along with a regular formal practice, she maintains her mindfulness through gardening, painting, swimming and meeting regularly with mindful friends.



Carol Rogerson -HQ Office Manager at the Halo Trust.
Carol Rogerson -Office Manager at the HQ Halo Trust and is based in Dumfries Scotland. Her role involves organising travel, passports and visas for expats to visit and work in HALO's overseas programmes. She is also responsible for running the day-to-day office admin, including website administration. In 2010, Carol visited HALO's programme in Cambodia on a familiarisation trip. She spends her spare time training and competing her horse in dressage and side saddle. She has also trained in alternative therapies, such as massage and reiki. She practices yoga and mindfulness daily for many years and finds that both these things help her with her job focus and taking part in horse competitions. She has attended retreats and taster sessions and enjoys the work life balance these things bring to her life.



Maria Smith- has spent most of her career in community development with people who have been disadvantaged and discriminated by inequality. She has worked mainly in local authorities but also in the voluntary sector. Latterly, she was involved in bringing new funding to the voluntary sector to implement the Self-directed Support Initiative, a Scottish Government's strategy which gives people more choice and control over buying the support that best suits them. She got involved with mindfulness a few years ago when she organised training sessions for the organisation she worked for. Maria is now enjoying retirement and is busy developing her interests such as tai chi, mindfulness, yoga, interior design and gardening.



Gill Wark- in 2015, after 30 years of operating at a senior level in the fast-paced commercial world, Gill made the decision to take a career break and relocate from Yorkshire back to Ayrshire. One reason for doing so was to attend to the needs of her elderly parents who are struggling with mobility problems and dementia. Gill is interested in understanding how mindfulness can help us to cope with the pressures of modern life, and in 2016 was able to attend an 8-week MBSR course which she found hugely beneficial and subsequently used the learnings to implement a new work life balance. Alongside facilitating care support for her family, she is now working part time and has also joined the board of a local charity as a voluntary director. She enjoys having time to swim, walk on the beach and attend yoga classes and golf. For Gill mindfulness has become an integral part of her life and she is passionate about sharing the benefits with others knowing it can help change their lives too.

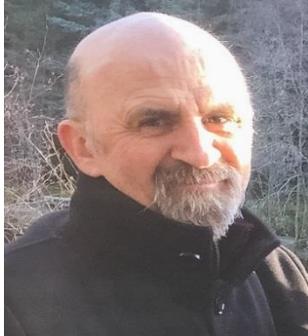


Marcella Howie-Volpe completed her Masters in Pharmacy at Strathclyde University in 2015. She now works for the NHS as a hospital Pharmacist and became interested in mindfulness during her time at university. She completed an 8-week mindfulness course and found it helped her to focus on her studies and kept her calm through exams. Marcella has also completed an 8-week on line course,

attended several taster sessions and has incorporated the learning from them into her life style. She practices mindfulness daily and enjoys yoga, walking, singing in a choir, cooking and travelling.



Quinton Muir Solicitor and Senior Court Partner in a family run law firm in Ayr. He obtained a degree of LL.B (Honours) at the University of Glasgow, and has been practicing as a lawyer 1990. He is an experienced and respected Court Solicitor who applies a practical approach to problem solving and amongst his varied personal interests are farming/rural issues, debating, junior football, public speaking and gundogs - although not necessarily in that order! He uses these activities to keep himself stress free and prides himself on being a clear thinker. He is married with one child and lives in Ayrshire. He attends many Lawyer faculty events and after attending one of Martin Stepek's talks became curious and interested in Mindfulness and appreciates the benefits.



David Gallagher, has worked as a commercial artist and illustrator since finishing his Art Degree in 1980. He has worked for a national games company for 30 years and is one of their long-standing, talented artists. His work has been used on more of their game and publication covers than any other artists as he renders some of the most action-packed and visually striking representations of their warriors. He is no longer based at their headquarters, but works from his home in Scotland and enjoys family life, his motorbikes, walking, history and re-enactment events. His art work and the activities surrounding it keep him mindful and although not a member of the advisory group as such, he supports the director in carrying out the day-to-day aspects of running the business.