



ANNABELLE VOLPI

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PROFESSIONAL SUMMARY

Art to me is my way of communicating through colours that's inspiring, healing and transformative.

Art gives us purpose and allows us to get closer to our divinity connecting with the spirit and of the soul when words are not enough. When I am creating a piece, what excites me the most is that I'm drawing upon these energies that almost seems like a dance on the canvas.

My movements and color placement seem to have a mind of its own which is why I think this process can be so intuitive. My paintings spark a powerful journey into the mind and soul. It's all about connection to higher parts of ourselves as well as our connection to spirit.

Compassionate Creative Life Coach with strong empathy and compassion offers experience in group and private coaching. Builds individuals' confidence and capabilities through personalised programme planning and various art modalities. Specialised coaching highly sensitive people/ empath and people with ADHD.

SKILLS

- Goal settings
- Acrylic painting
- Creativity
- Intuition
- Multilingual
- Current trends
- Interpersonal communication

WORK HISTORY

HOLISTIC CREATIVE LIFE COACH, 01/2023 - Current

Self employed, London, London

- Counselling clients through difficult times using approved and compassionate strategies.
- Created strategies for clients to employ coping skills, addressing daily needs and specific stressors.
- Identified key areas for improvement to increase positive mental and physical wellbeing.
- Monitored client progress and adapted support programmes to meet changing needs.
- Addressed limiting self-beliefs to support clients in achieving their full and true potential.

- Encouraged clients to set and achieve reasonable goals, increasing confidence and self-esteem.
- Facilitated group sessions and activities to build supportive client networks.
- Developed tailored action plans whilst prioritising pressing concerns.
- Used client feedback to improve coaching services and maximise positive outcomes.
- Provided work and career coaching to address aspirations and improve job satisfaction.

ARTISTIC PAINTER, 01/2022 - Current

Self employed , London , London

- Created original works for varied exhibits.
- Use my training as creative art therapy practitioner to produce vibrant and colourful paintings.
- Paint using my intuition and being guided by the music I am listening to.
- Sourced cost-efficient materials to meet client budgets.
- Demonstrated expertise in loose and bold expressive techniques across diverse artistic creations.
- Chose media, method and materials to create maximum impact.
- Selected paints and materials to suit artistic styles and creative specifications.
- Used texturing and painting skills to achieve required finishes.

FORECAST AND STOCK PLANNER, 10/1997 - 02/2024

Marks and Spencer, London , London

- Ownership of the stock plan.
- Take high level category plan and create line level forecasts by week with the correct phasing.
- Support category manager with analysis and insight to develop range plan
- Analyse performance vs. the stock plan and adjust forecasts accordingly.
- Works with the Category Manager when product performance varies to forecast to take the required action, e.g. through price, markdown
- Ownership for stock holding/stock health and weeks cover.

EDUCATION

HICAT, London , London , 04/2023

Holistic integrated creative art therapies

Business school , Paris , France , 06/1995

Bachelor of Business Administration: Business/ marketing

LANGUAGES

French Native

Italian

C2

Proficient

Spanish

B2

Upper intermediate