

## Curriculum Vitae

**Name:** Helen Dugdale

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**E-mail address:** [helen@australianbraincoaching.com.au](mailto:helen@australianbraincoaching.com.au)

**Date of Birth:** 9<sup>th</sup> December 1956

**Qualifications:**

- Training and Assessment Certificate IV
- Graduate Diploma of Education (Secondary)  
College of Advanced Education, South Australia
- Diploma of Applied Science (Agriculture) – Dookie Agricultural College, Victoria

**Other Qualifications:**

- Driver's license
- Bus License
- Truck License
- Boat License
- First Aid Certificate
- RSA

**Current employment:** - Brain Coaching Consultancy – Owner/Director

**Employment history:**

- Human Resources Workshops - Consultant, owner/director
- Research Program Manager - Cotton Research and Development Corporation, Narrabri
- Program Coordinator – Sandy Beach Community Centre, Melbourne
- Agricultural Market Research - Monash University, Melbourne
- Agricultural Teacher – Secondary School, South Australia
- Technical Research Officer – Department of Agriculture, South Australia
- Technical Research Officer – Department of Agriculture, Victoria
- Veterinary Laboratory Assistant – Department of Agriculture, Victoria
- Dairy Herd Tester – Otway Ranges, Victoria

**Special achievements:**

- Chair of Wincott (Women in Cotton, founding member 2000)
- Chair of Narrabri Education Foundation (founding member 2002)
- Chris Lehmann Trust – Educational Trust Board member
- Aboriginal Employment Strategy Achievement Award 2010
- Representative on the Cotton Industry Achiever Awards panel
- Cooperative Partnership for Farming, Fishing, Health and Safety (RIRDC),  
Industry representative
- Sustaining Rural Communities Conference committee member
- Sydney City to Surf (top 20% for age group 2011)
- Canberra Half Marathon & Gold Coast half marathon 2011
- Mt Kilimanjaro Summit - 2012
- Psychology Degree, UNE, commenced 2013
- London Marathon - 2014
- Brain Coaching Certificate - London, 2014
- Neuro-Linguistic Programming Certificate, 2015

**Interests/hobbies:** - Gardening, reading, fitness, psychology.

**Referees:**

Bruce Pyke  
General Manager Research, CRDC  
02 67924088

Ian Dunnet  
Publisher, NW Courier newspaper  
0267 921011

Barb Grey  
Chair Wincott, AICD, Cotton CRC Board  
0427448712

**Current Employment:**  
**Brain Coaching Consultancy -**

**HR Consultancy (January 2011 – )**

- Own business – developing HR workshops,
- Sustaining rural communities conference
- WINCOTT River tour
- Natural Resource Management survey of rural women
- Facilitate various workshops and conferences including health, leadership, climate change, sustainable communities, environmental, farming systems

**Employment History:**

**Research Program Manager, Cotton Research and Development Corporation – Narrabri (December 1997 – December 2010)**

- Managing research projects such as plant nutrition, soil health, and various farming systems to improve and benefit current and future researchers, farmers and communities
- Up take of research results to improve on-farm productivity
- Human capacity projects, eg. overseeing and awarding scholarships to young people in the agricultural industry
- Developed School-Based Traineeships in the cotton industry for young indigenous students
- Development of Safe Cotton Harvesting Video. This video is what all farmers and picking contractors must watch as part of their OH&S induction
- Sustaining Rural Communities Conference committee member – organisation of speakers, workshops and survey responses.
- Developed and delivered Climate Change Workshop for Rural Women
- Produced cotton industry information packs such as The Cotton Production manual, Irrigation Management manual, and conducted numerous workshops and seminars on various farming systems.

**Program Coordinator, Sandy Beach Community Centre – Melbourne (1993 – 1995)**

- Coordinated training programs for young un-employed people
- Writing funding submissions, designing course curriculum, publicity, interviewing prospective students and staff
- Teaching literacy and numeracy, job seeking skills and helping un-employed people gain sustainable employment.

**Agricultural Market Research, Monash University - Melbourne (1992-1993)**

- Created data bases for the Universities Agricultural faculty

**Agricultural Teacher, Northfield Secondary School and Urrbrae Agricultural School - South Australia (1987 – 1991)**

- Grades 7 – 11
- Educating young people on agricultural science as well as science
- Equal opportunities officer (guidance for young girls)

**Technical Research Officer, Department of Agriculture – South Australia (1982 – 1986)**

- Projects included Salinity and Irrigation projects
- Extension work to grape and citrus growers from Mildura (Victoria) to Murray Bridge (South Australia)

**Technical Research Officer, Department of Agriculture – Victoria (1979 – 1981)**

- Dairy and pasture research to improve milk and pasture production
- Supervised 100 cow dairy herd and four dairy hands

**Laboratory Assistant, Veterinary Laboratory – Department of Agriculture, Vic (1978 – 1979)**

- Brucellosis Eradication Campaign
- Use of a variety of chemical analysis machines