

Jacqui McCouat – Candidate Statement

UKCP plays a vital role in raising the profile for mental health - driving conversations to shape policy changes, better investment and greater general awareness of the significant impact of mental health issues on peoples' lives. It has been a privilege to work with such a professional Board, dedicated to sustaining and growing UKCP's voice.

On reflecting whether to stand again as trustee, I was encouraged and heartened by the support of fellow trustees and colleagues that there was more to contribute. My first term has instilled in me an understanding of the nuances and stakeholder concerns of UKCP. This combined with my experience in mental health in the NHS and the private sector and a wide-ranging business background in human resources, operations, communications and brand strategy, can only add greater value in a second term. In a second and final term I would see myself spending more time engaging with members individually and with the organisational and college networks to help support them now and in the future.

For those of you less familiar with me and my cv, I am currently the CEO of a psychotherapy services charity, working in partnership with IAPT, offering free therapy to those who otherwise could not access it. I am passionate about the work and we help over a 1000 people a year. In this capacity, I facilitate the engagement of over 30 therapists and administrators. I also have a private practice supporting organisations' wellbeing programmes.

Before becoming a psychotherapist, my background was in corporate level leadership roles with global travel, hospitality and professional services businesses working in large teams in the UK, Europe and Asia. My experience ranges from welding tracks at British Rail to engaging with IBM's senior executives and largest customers.

On a personal level, I am married and live in central London with my husband, who is a lecturer, and a temperamental Russian Blue cat. My interests are many and varied as I love learning, discovery and making new friends.

I feel I have more value to bring and appreciate the endorsement of my fellow trustees. I hope that you will support me in standing again as a trustee with UKCP. Please do feel free to reach out to me if you have any questions at - jacquimc7@gmail.com.