



FRANK PARTNERS



ANNA CARUS-WILSON

+44 (0)7966 175331
ANNA@FRANKPARTNERS.CO.UK

I was born in Spark Hill, Birmingham, trained in Stratford On Avon and at Dartington College (BA Hons), and have spent the past 25 odd years living very happily in The Cotswolds, with a brief interlude of 4 years living in a rabbit hutch in Paris.

I co direct Frank Partners with Neil, and previously to that was a director and performer with Instant Wit & Barking Productions, comedy improvisation show.

I've worked as an actor, facilitator and coach in learning and development for 15 years, and currently design & deliver programs for Calvin Klein, Nike, Vodafone UK & Group, Shine TV, Ogilvy & Mather, Centrica and News UK. I really love it – and I'm equally happy running a bi lingual Forum Theatre session in Paris for 150 bank employees, as working with 20 steeple jacks in Nottingham.

I work in the UK, Europe and Africa, and am currently developing work in America, including pitch coaching with directors and producers in LA.

I'm also a professional actress, have worked for many hugely enjoyable years in TV, Radio and Theatre – touring in the UK, the US, Canada, France & Spain, playing everything from a small pig, to Maid Marion and Elizabeth I. We like bringing that touring company feel to Frank ... the slightly dysfunctional family you have a lot of fun with.

I research, write, direct and act in all our corporate films with Neil – these are always a massive team effort and I love making them.

I love my dog my family and my friends ... I also love to ski, swim, play tennis, see good theatre, great films, eat well and thrash the boys at poker on a Friday night (in my dreams ...).

“Anna has a talent for creating an environment where people do things they wouldn't normally do, where they can experiment and play with new behaviours, with new ways of being. I'm a psychologist and, quite frankly (no pun intended), I don't know how she does it !”
Tony Crabbe, Business Psychologist

Links I like:

https://www.youtube.com/watch?v=I0FJ_60cQF8

[Patsy Rodenburgh – Presence](#)
<http://www.youtube.com/watch?v=Ub27yeXKUTY>

[Brene Brown – The Power of Vulnerability](#)
http://www.ted.com/talks/brene_brown_on_vulnerability.html

[First Follower: Leadership Lessons from Dancing Guy](#)
<http://www.youtube.com/watch?v=fW8amMCVAJQ>

[Authenticity – Les Sapeurs, Congo](#)
<http://www.youtube.com/watch?v=B-3sVWOxuXc>