

# Anna Carus-Wilson

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I was born in Spark Hill, Birmingham, trained in Stratford On Avon and at Dartington College (BA Hons), and have spent the past 30 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 Bett, and previously to that was a director and performer with Barking Productions and Instant Wit 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 Dyson, Nike, Calvin Klein, Harley Davidson, Burberry, Yoox Net a Porter, Vodafone UK & Group, Shine TV, Ogilvy & Mather, Centrica and News UK amongst others.

I'm also a professional actor, 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 Queen Elizabeth I.

We like bringing that touring company feel to Frank - the slightly dysfunctional family you have a lot of fun with. We design programs on Courageous Conversations, Accountability, Coaching, Storytelling, Presence & Impact and Leadership amongst others. I also design 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 am a qualified mediator (OCN), have completed NLP Fundamentals, and have a working knowledge of Myers Briggs Type Indicator and Transactional Analysis.

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

# What Clients Have Said About Me

*Anna has an extraordinary talent for instantly helping you see yourself as others see you, and then moments later removing all the noise so that the world sees the very best of you. She does this with empathy, gentility and large doses of laughter. She is a joy to work with and she makes a huge difference very quickly.*

Charles Day | Creative Leadership Advisor, The Lookinglass US

*My experience of working with Anna was brilliant . She very quickly understood me and my needs and pushed me beyond just looking at presentation skills, to look at what was causing my presentation anxieties.*

Tina Day | Harley Davidson, Regional Head of HR

*Anna and The Franks are outstanding, best in class and like no other training company you will work with. The overwhelming feedback is that they expertly dealt with tricky issues in a way that was serious and yet light hearted. Most delegates commented it was one of the best trainings they've received. And let's remember, this was about harassment and discrimination!*

*Anna brought a sense of humour to serious issues and we're grateful for her being by our side every step of the way. They were an extension of our HR team and jumped right in.*

Kirsten Duffill | Global Sports Brand, Employee Relations Director EMEA

*Anna has been an inspiration to work with. She has brought huge insight on how to make really powerful performances as a senior leader, in a variety of settings. We have worked on personal presence, including those small details that make all the difference but are often neglected.*

Maria Cameron | Vodafone, Head of Marketing SME Segment (UK)

*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

*Anna is a joy and a total Rock Star! Her gift of making one comfortable with being vulnerable is incredible, and allows you to quickly get down to business.*

*She is empathetic, passionate, relentless, flexible, professional, & FUN. Yes, total ball of FUN! I would recommend working with Anna in a heartbeat. Completely worth everyone's precious time.*

Melisa Goldie | Calvin Klein, Global Chief Marketing Officer