



## About Karen Clayton

Karen is a trained actress and experienced facilitator who brings her performance expertise into the world of learning and development. With a background in theatre, she specialises in helping individuals build confidence, presence, and communication skills through experiential, performance-based methods.

She has designed and delivered training programmes for new joiners at a leading luxury retail group in the Middle East, with a focus on presentation skills, onboarding, and behavioural assessment. Her engaging style supports professionals in developing clear, confident communication from day one.

Karen's facilitation background includes corporate workshops in London, where she worked with a respected forum theatre company to deliver immersive, role-play-based learning focused on workplace communication and interpersonal effectiveness. Now based in Dubai, she collaborates with a range of reputable schools and organisations as a freelance trainer and educator.

Passionate about youth development, Karen teaches Drama, Musical Theatre, and Public Speaking to young learners, combining her creative background with mindfulness practices that foster emotional intelligence, focus, and resilience.

### Accreditations:

- 101 Mindfulness Foundations and 201 Mindfulness in the Classroom
- LAMDA (London Academy of Music and Dramatic Art): LSDE-Level 5 LAMDA Diploma in Speech, and Drama Education
- The Academy Drama School, London: 2-Year Diploma