
MONIQUE POST
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OVERVIEW:

- Lecturing on autism for various organisations and officials in The Netherlands, Belgium and Great Britain has meant that I have developed strong communication, listening and presentation skills. This is supported by the consequent success of my business Post Presentations. Requests for peer to peer support and coaching show my ability to connect with the international autism community.
- Selection as Chair for two separate Experience Boards has enabled me to develop strong strategic and analytical skills whilst increasing my understanding of policy formation and implementation.
- Having a working relationship with the National Autistic Society has increased my understanding and knowledge of services within the UK. Providing consultations to parents in the UK has increased my understanding of the potential challenges families face after a diagnosis of autism and how they can be overcome by appropriate support and services that integrate with their unique needs.

PROFESSIONAL EXPERIENCE:

Dutch Ministry of Health Workgroup, 'Looking From Within Autism'
2013 - present

Consultant – Selected as one of three consultants with autism to participate fully within the programme. Responsible for keeping the project on target in regards to looking from within autism and not looking *at* autism. Work hours were increased by more than double as recognition for the quality of the work completed. Communication with councillors and professionals.

Chair of the Experience Board – Responsible for all self-advocates working within the 10 themed projects within the main project. Liaising between project leaders and autism advocates. Troubleshooting when necessary. Preparation and running of board meetings and collating of data to present the recommendations to the workgroup.

Formal liaison Dutch Government Workgroup and Welsh Government

Selected to liaise between Julie Annetts and the Dutch workgroup in an exchange of knowledge.

Chair of Experience Board, 'Leo Kannerhuis Holland'
2013 - present

Selected as Chair of the Board of self-advocates for the 7 health organisations partnership. Responsible for the 7 advocates on the Board and liaising with the Board of Governors.

Development of an E-Health innovative module for youngsters with autism. Advisory role in the development of an applied game to be implemented in 2015.

Ambassador for the charity 'Together Without Stigma' / 'Samen Sterk Zonder Stigma'

2014 – present

Asked to be one of 13 national ambassadors for a charity that is helping to show how diversity is to be embraced and stigma about psychological diagnoses challenged. Selected to interview the Dutch ex-minister of Finance, Gerrit Zalm due to my excellent interview skills.

Post Presentations, owner

2010 - present

I develop tailor-made lectures and workshops on autism for professionals, healthcare authorities, local authorities, universities, charities, family members and persons' on the spectrum.

Online consultations for parents and persons' on the spectrum are rapidly increasing, showing my ability to connect with others and provide troubleshooting in the short term in order to affect immediate change.

Autism magazine 'Looking Up' / Dutch autism youth magazine 'Kannerlink'

2012 – present / 2013 – present

Contributing articles of 2,500 words average and monthly short columns on themes surrounding autism.

EDUCATION:

School of the Arts Utrecht, The Netherlands

BACHELOR OF DESIGN DEGREE with HONOURS, 2005-2009
Theatre Design

- **St.Joost Academy, Breda, The Netherlands**
Foundation Year, Film, 2003-2004
- **United World College of the Atlantic, St.Donats, Wales**
International Baccalaureate, 1999-2001
- **Cowbridge Grammar School, Wales**
11 GCSE's, 1994-1999

PRIZES:

- SONY Media 4 Schools Teaching Award 2008

LANGUAGES:

- English spoken Fluent
 English written Fluent
- Dutch spoken Fluent
 Dutch written Fluent