

Mx Leo Anna Thomas (they/her)
WellBeing Facilitator (WBF)

Winner of Shaker of the Year Award 2022

Winner of the inaugural PGGB Earl of Wessex Award 2023

Co-Director of 6ft From the Spotlight 2019-2024



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Profile:

The industry's first WellBeing Facilitator, Founder and Co-Developer of the role, that specialises in supporting the mental health of all crew & cast; & ultimately helping Productions & Producers meet their legal duty of care. 23 years' Art Department experience working within the UK's film & television industry, and 12 years as a mental health advocate.

Bafta Crew/Connect Member 2016 – to present.

Skills:

Fully Certified MHFA (Mental Health First Aider 2018-2026)

CPCAB Counselling (Level 2 & 3) & Approaches to: - Existential Therapy / Jungian Theory / Psychodynamic / Transactional Analysis Therapy / CBT at RHACC. 2024

Living Well, Dying Well Foundation Training - End of Life Doula (Death Doula) training 2024

Cruse Bereavement Awareness Training - Supporting Grieving Children & Families 2024

Fully Certified i-Act Manager (2020-2023)

ScreenSkills Covid Awareness Training module (continuing to update due to Covid protocols).

ScreenSkills Tackling Harassment and Bullying at Work Training module.

HM Government Understanding Safeguarding & Prevent Level 2 certificate 2023

WBF training:

Health and Safety Modules - HSE Stress management standards / Dynamic/Risk Assessment training - Mental Health Policies (including mental health and the law, Health and Safety at Work Act 1974, Safety Regulations 1999 and the Equality Act 2010).

Positive Psychology Modules - Emotional brain and Emotional regulation system - Coaching skills and techniques / DBT evidence-based techniques - Ethics and Boundaries awareness training.

Leadership and Management Resilience training. Intro to Safeguarding.

Talks & Panels: 2021-2023

BAFTA Connect Wellbeing, BFI Midlands, BFI Flare, BFI Flare roundtable/mentor, Cinegirl podcasts, Best Girl Grip podcasts, Series Fest panel (Denver USA), Digital Orchard panels, British Society of Cinematographers panel, Location Guide interview, Cinematographer magazine interview, Film and TV Charity toolkit panel/interview, University Canterbury Christ, London Film School, MamaYouth, BECTU Cymru panel & mentor.

Certificates & References available on request

Employment:

Official contracted phase

'Fallen Divas Project'

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1999-2000

Hera Pictures, BBC

Producer/s: Fran Du Pille, Ron O'Berst,
Liza Marshall

(April – Aug 2024)

Director/s: Brian Welsh, NG

CoonPing, Marie Kristiansen

'Promenade'

WellBeing Facilitator

Present Day

(Feb – April 2024)

(WBF)	Just & Lively Producer: Marcie MacLellan	Director: John Jencks
'Mary & George' WellBeing Facilitator (WBF)	Period Hera Pictures, Sky TV Producer/s: Jon Finn, Theresa Ryan-Van Graan, Liza Marshall, Sam Hoyle	(May – Aug 2023) Director/s: Oliver Hermanus, Alex Winckler, Florian Cossen
'Untitled 23/Hard Truths' WellBeing Facilitator (WBF)	Present Day Thin Man Films Producer/s: Georgina Lowe, Henry Woolley, Gail Egan	(May – Aug 2023) Director: Mike Leigh
'The Way' WellBeing Facilitator (WBF)	Present Day Red Seam/Little Door Producer/s: Bethan Jones, Derel Ritchie	(April – Sept 2023) Director: Michael Sheen
'Geek Girl' WellBeing Facilitator (WBF)	Present Day Rubyrock Pictures, Netflix Producer/s: Zoe Rocha, Anthony Leo,	(May – Aug 2023) Director: Declan O'Dwyer
'Industry 3' WellBeing Facilitator (WBF)	Present Day Badwolf/Sony Pictures/HBO Producer/s: Jon Zarych, Dan Kay, Fylnn MacDonell	(April – Sept 2023) Director/s: Isabella Eklof, Zoe Wittock, Konrad Kay, Mickey Down
'Death in Paradise' WellBeing Facilitator (WBF)	Present Day Red Planet Pictures Producer/s: Tim Key, Joanna Hanley	(June & July 2023) Director/s: Steve Hughes, Angie de Chastelai Smith
'In Heat' /short WellBeing Facilitator (WBF)	Present Day In Heat film Ltd, Public Dreams Producer/s: Radha Bhandari, Mary Burke	(Sept 2023) Director: Rory Fleck Byrne
'Maryland' WellBeing Facilitator (WBF)	Present Day Monumental/ITV Producer/s: Emma Burge, Alison Owen, Pat Tookey Dickson, Suranne Jones	(Sept – Nov 2022) Director: Sue Tully
'Layla' WellBeing Facilitator (WBF)	Present Day Fox Cub Films/BFI Producer/s: Savanah James-Bayly, Mary Burke, Emily Everdee	(Sept – Dec 2022) Director: Amrou Al-Kadhi
'Goodbye Python' /short WellBeing Facilitator (WBF)	Present Day (Sci-Fi) Spirit House Films Ltd/BFI Producer/s: Milo Beyts	(Oct 2022) Director: Frankie Fox
'Hoard' WBF Mentor (BFI trials)	Present Day Hoard Film Ltd/BFI Producer/s: Helen Simmons, Loran Dunn, Andy Starke	(May – June 2022) Director: Luna Carmoon
'The Long Shadow' WellBeing Facilitator (WBF)	1970's/80's New Pictures/All 3media	(April – June 2022) Director: Lewis Arnold

	Producer/s: Alison B Matthews, Sarah Lewis, Matt Sandford	
‘Chuck Chuck Baby’ WellBeing Facilitator (WBF)	Present Day Chuck Chuck Baby Ltd/BFI Producer/s: Anne Beresford, Adam Partridge	(March – April 2022) Director: Janis Pugh
‘Stopmotion’ WBF Mentor (BFI trials)	Present Day Bluelight Ltd Producer/s: Alain de la Mata, Christopher Granier-Deferre	(Feb – Mar 2022) Director: Robert Morgan
‘The Peripheral’ WellBeing Facilitator (WBF)	2030-2100 Kilter Films/Amazon/PotBoiler Producer/s: Sara Desmond, Jonah Nolan, Lisa Joy	(April – Oct 2021) Director: Vincenzo Natali & Alrick Riley
‘This Way Up2’ WellBeing Facilitator (WBF)	Present Day Merman C4/Hulu Producer: Gavin O’Grady	(Jan – Mar 2021) Director: Alex Winckler
‘Lost Girls’ WellBeing Facilitator (WBF)	1980’s-2000’s PELGO Films, Ingenious Producer: Sam Tipper-Hale	(Aug – Sept 2020) Director: Livia De Paolis
‘Pretty Red Dress’ WellBeing Facilitator (WBF)	Present Day BBC Films/BFI Producer: Georgia Goggin	(Prep ’20 & consultant ’21) Director: Dionne Edwards
‘Small Axe’ Mental Health First Aider (WBF) <i>Standby Art Director</i> Episodes 3 & 5	1970-81 Designer: Helen Scott Producer/s: Michael Elliott, Anita Overland, Tracey Scoffield	(Aug – Oct 2019) Director: Steve McQueen
‘Trigonometry’ Mental Health First Aider (WBF) <i>Standby Art Director</i>	Present Day Designer/s: Stephane Collonge James Price Producer/s: Imogen Cooper, Tessa Ross	(Jan – June 2019) Director/s: Athina Tsangari, Stella Corradi
‘His Dark Materials’ Mental Health First Aider (WBF) <i>Standby Art Director</i> Episode 3 & pick ups	Fantasy Designer: Joel Collins Producer/s: Laurie Borg, Jane Tranter	(July – Dec 2018) Director/s: Dawn Shadforth Otto Bathurst, Jamie Childs, Euros Lyn

Art Department Employment:

‘Inside Pussy Riot’ ‘Bohemian Rhapsody’ ‘Black Mirror’ S4E1-E4-E6 ‘The Crown’ S2EP2/3 ‘King Charles III’ ‘Unforgotten’ S2 ‘Little Bird’ ‘Denial’ ‘Bourne 5’ ‘The Mercy’ ‘Me Before You’ ‘Bastille Day’ ‘Legend’ ‘Trespass Against Us’ ‘Suffragette’ ‘Man Up’ ‘Pride’ ‘Nowhere Boy’ ‘An Education’ ‘My Talks with Dean Spanley’ ‘The Edge of Love’ & music videos / commercials.

Education:

GNVQ Advanced Art & Design (Fine Art/Film (1997-2000) – Distinction, BA (hons) Fine Art - 2:2 (2000-03) Ft2 Film & TV Training (2005-07)

**Please note I live with dyslexia, so apologies for any spelling mistakes, or grammatical errors.*