

Mx Leo Anna Thomas (they/she)
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.

Facilitator / Counsellor training: L4 Trainee Integrative Therapist

CPCAB Counselling Skills (Level 2 & 3) & Approaches to: - Existential Therapy / Jungian Theory / Psychodynamic / Transactional Analysis / CBT / PCA at RHACC. 2024/25

Centre of Excellence: Gestalt Therapy Diploma - 2025

Esalen Institute, Big Sur, USA, Essence of Esalen LEEP Programme - 2024

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

Living Well, Dying Well introduction to a Person-Centred Approach to Death and Dying End of Life

Doula (Death Doula) Training/Crossfields Institute - 2024.

Living Well, Dying Well Train the Trainer Programme to deliver Foundation Training - 2025

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

Further Skills:

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.

Part time Practical Lead at Poppy's Funerals (Aug 2025 -) – a Person Centred Approach in caring for people, during collections and in the mortuary, preparing them for their funerals, driver of funeral vehicles and pallbearer.

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:

'Fallen Divas Project'

WellBeing Facilitator (WBF) 1999-2000 (April – Aug 2024)
Hera Pictures, BBC Director/s: Brian Welsh, NG
Producer/s: Fran Du Pille, Ron O'Berst, CoonPing, Marie Kristiansen
Liza Marshall

'Promenade'

WellBeing Facilitator (WBF) Present Day (Feb – April 2024)
Just & Lively Director: John Jencks
Producer: Marcie MacLellan

'Mary & George'

WellBeing Facilitator (WBF) Period (May – Aug 2023)
Hera Pictures, Sky TV
Director/s: Oliver Hermanus, Alex Winckler, Florian Cossen
Producer/s: Jon Finn, Theresa Ryan-Van Graan, Liza Marshall, Sam Hoyle

'Untitled 23/Hard Truths'

WellBeing Facilitator (WBF) Present Day (May – Aug 2023)
Thin Man Films Director: Mike Leigh
Producer/s: Georgina Lowe, Henry Woolley, Gail Egan

'The Way'

WellBeing Facilitator (WBF) Present Day (April – Sept 2023)
Red Seam/Little Door Director: Michael Sheen
Producer/s: Bethan Jones, Derel Ritchie

'Geek Girl'

WellBeing Facilitator (WBF) Present Day (May – Aug 2023)
Rubyrock Pictures, Netflix Director: Declan O'Dwyer
Producer/s: Zoe Rocha, Anthony Leo,

'Industry 3'

WellBeing Facilitator (WBF) Present Day (April – Sept 2023)
Badwolf/Sony Pictures/HBO Director/s: Isabella Eklof, Zoe Wittock, Konrad Kay, Mickey Down
Producer/s: Jon Zarych, Dan Kay, Fylnn MacDonell

'Death in Paradise'

WellBeing Facilitator (WBF) Present Day (June & July 2023)
Red Planet Pictures Director/s: Steve Hughes, Angie de Chastelai Smith
Producer/s: Tim Key, Joanna Hanley

'In Heat' /short

WellBeing Facilitator (WBF) Present Day (Sept 2023)
In Heat film Ltd, Public Dreams Director: Rory Fleck Byrne
Producer/s: Radha Bhandari, Mary Burke

'Maryland'

WellBeing Facilitator (WBF) Present Day (Sept – Nov 2022)
Monumental/ITV Director: Sue Tully
Producer/s: Emma Burge, Alison Owen, Pat Tookey Dickson, Suranne Jones

'Layla'

WellBeing Facilitator (WBF) Present Day (Sept – Dec 2022)
Fox Cub Films/BFI Director: Amrou Al-Kadhi
Producer/s: Savanah James-Bayly, Mary Burke, Emily Everdee

'Goodbye Python' /short

WellBeing Facilitator (WBF) Present Day (Sci-Fi) (Oct 2022)
Spirit House Films Ltd/BFI Director: Frankie Fox

‘Hoard’ WBF Mentor (BFI trials)	Producer/s: Milo Beyts 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 Producer/s: Alison B Matthews, Sarah Lewis, Matt Sandford	(April – June 2022) Director: Lewis Arnold
‘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