

CV - Caroline Hargreaves

Personalia

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Selvstendig næringsdrivende konsulent

Norwegian Sage - www.norwegiansage.com

Utdanning / Education

2018 - 2020

Videreutdanning i naturkontakt, indre fredsbygging og kultivering av organiske fellesskap mellom menneske og natur.

Association for Nature and Forest Therapy (ANFT) – Skogsterapeut/Økoterapi

Regenerators 2020 – Regenerativ prosjektleddelse: fokus på nærende arbeidskultur, strategisk kommunikasjon på naturens premisser, dypøkologi og sirkulærøkonomi.

Gilalai Institutt for Energi og Bevissthet – Helhetsterapi.

2015-06 – 2018-08

Utenriksdepartementets Aspirantkurs

Gjennomført Utenriksdepartementets diplomatprogram med praksis i Seksjon for Fred og Forsoning, Seksjon for Sør-Asia og Afghanistan og utstasjonering på den norske ambassaden i Kathmandu, Nepal.

2012-10 - 2013-11

London School of Economics and Political Science (LSE) - MSc International Development and Humanitarian Emergencies International Development. Grade: High merit A

Modules: Complex Emergencies (Distinction), Critical Approaches to Media and Development, International Media and the Global South, International Development: Theory, History and Policy, Mediated Resistance and Citizens. Dissertation titled 'Communicating Development - Community Media for Deep-Rooted Transformation of Complex Emergencies'.

2007-10 - 2011-06

University of St. Andrews - MA International Relations International Relations. Grade: High Merit

Modules: The Cultural Politics of Human Rights, International Public Law and Legal Theory, Case Studies in Conflict Analysis, Peace Processes and Violence, The Aftermath of Civil War, Diplomacy and Conflict Intervention, Comparative Politics and Foreign Policy Analysis, Sustainable Development, Political Philosophy, Management and Organizational Theory.

2008-06 - 2008-09

European Peace University (EPU) - Peace and Conflict

Attended the summer trimesters and audited fourteen modules for the master's degree in Peace Studies, including Democracy and Development, International Humanitarian Law, Communication for Peace, Peace-keeping Economics, Facilitating Social Change and Restorative Circles.

2003-10 - 2006-10

Oslo Handelsgymnasium - Vitnemaal Allmenn Studiekompetanse. Grade: 5,5

Yrkeserfaring / Work Experience

2019 – 2020

- Videreutdanning og etablering som selvstendig næringsdrivende med foretaket *Norwegian Sage* som tilbyr prosjektledelse og rådgivning innen bærekraft, fredsbygging og økologi.
- Rådgivning/prosjektstøtte for Norsk Senter for Konfliktløsning (NOREF), Stiftelsen Friluftssykehuset, Nusfjord Arctic Resort, FoodStudio.
- Koordinering og gjennomføring av retreats og samlinger på kultur-og naturdestinasjoner i Norge.
- Egen praksis med økoterapi, naturkontakt og energibehandling.
- Kollektivutstilling med bildekunst og poesi, Galleri X, Barcode, Oslo.
- Plant Poetry, konsert på Oslo Fjordhage med Norðr Creative.

2016-08 - 2018-08

Utenriksdepartementet/ Den Norske Ambassaden i Kathmandu, Nepal

Politisk Ambassadesekretær (100%)

Politisk ambassadesekretær/seniorrådgiver med ansvar for ukentlig politisk rapportering og strategisk kommunikasjon av norske utenrikspolitiske prioriteringer i Nepal. Ansvar for rapportering på norske bærekraftsmål i ambassadens utviklingsportefølje og post-konflikt situasjonen i landet. Stillingen fordret dyptgående kunnskap og kontinuerlig oppfølging av politiske og samfunnsrelaterte utviklinger i Nepal. Ansvar for oppfølging og rapportering på flere bistandsprosjekter, med fokus på bærekraft, kvinner og likestilling, menneskerettigheter, demokrati og utdanning. Løpende kontakt med relevante interesseorganisasjoner og lokalbefolkning. Ansvar for ambassadens strategiske arbeid med ekstern kommunikasjon og tilrettelegging av internasjonale statsbesøk. Ansvar for koordinering og prosess for ambassadens valgobservasjon og koordinering av programmer ifm. parlamentsvalget. Prosjektleader for ambassadens interne bærekraftstrategi.

2016-01 - 2016-06

Utenriksdepartementet - Aspirant i Seksjon for Sør-Asia og Afghanistan (100%)

Deskansvarlig for Nepal i andre praksisperiode av aspirantkurset. Oppfølging av norske aktører i Nepal, bidrag til utarbeidelse og gjennomføring av norske prioriteringer i tett samarbeid med andre seksjoner, samt bidrag til gjennomføring av Asia Forum i Oslo. Ansvarlig for ukentlig oppfølging og rapportering fra ambassaden, samt praktisk og logistisk koordinering i forbindelse med statsbesøk.

2014-09 - 2015-06

Utenriksdepartementet - Aspirant i Seksjon for fred og forsoning (100%)

Gjennomført Utenriksdepartementets Aspirantkurs / Diplomatprogram med praksis i seksjon for fred og forsoning. Koordinerende rolle i Colombia og Filippinene-prosessene, herunder med innspill til design og strategi av fredsprosessene, samt arbeid med kommunikasjon, politisk og konstitusjonell reform og tilrettelegging. Koordinerede rolle i forbindelse med Oslo Forum 2015, løpende kontakt med samarbeidspartnere bl.a. Centre for Humanitarian Dialogue (CHD). Ansvar for planlegging og gjennomføring av forum for fred og forsoning og produksjon av digitalt profil/innhold for seksjonen.

2013-09 - 2014-06

Institute for New Economic Futures (INEF) - Project Manager and Researcher (80%)

Co-authored a book with Ramesh Bjønnes, titled Growing A New Economy, focusing on the interconnectedness and solutions to our global crises: financial, environmental, biological and cultural. Further responsibilities include in-depth research for the book, co-authoring chapters, market research, partnership outreach, digital community building, strategic communications, and website development.

2009-05 - 2014-06

Generation C Magazine - Co-Founder and Editor

Co-founder of an online magazine dedicated to socially responsible and solutions-oriented journalism on peace and conflict, social change, circular economics, and human rights. Built a highly interactive and dynamic website

on wordpress with weekly uploads of content. Continuous areas of responsibility included business development, conducting weekly meetings with the editorial team and reaching out to our global community of 50+ young professionals and experts in the field.

2013-10 - 2013-12

Asian Network for Free and Fair Elections (ANFREL) - Long-Term Elections Observer, Nepal (100%)

Gathered and analysed key information on the election process, security situation and political dynamics, covering eleven districts in total. Observed the development of the election process in the field. Established and maintained reliable relationships with a variety of stakeholders in the election environment. Prepared and coordinated briefings, information, and activities of ten short-term observers. Provided daily in-depth analysis to the mission leadership.

2013-01 - 2013-08

Norwegian Green Party / Miljøpartiet de Grønne - Communications Advisor (Volunteer)

Sourced and coordinated a network of 45 volunteers aiming to enhance the Green Party's visual political profile. Part of a digital outreach team engaged in online movement building and communicating the Green Party's politics to a national audience, reaching out to over 30,000 followers. Collaborated on the development of media strategies for the election campaign.

2012-11 - 2013-03

Human Rights Human Wrongs Documentary Film Festival - Communications Advisor

Developed social media strategies and content aiming to raise awareness of human rights as well as taking further action through advocacy. Collaborated with a team of 40 volunteers and representatives from other human rights organizations around online- and offline marketing of the festival. Produced the HRHW Annual donor report with updated content and human-interest stories. Collected, edited and organized visual content.

2011-11 - 2012-10

iMedia Associates, London - Communications Advisor

Developed an internal communications strategy for the social media interface, aiming to increase visibility, generate traffic and strengthen engagement through strategic messaging, SEO, and improving user experience. Organized a comprehensive dataset of previous and current iMedia projects in development- and conflict areas, and a template for future project management. Updated and revised the website with content and edited photography. Generated corporate capability statements.

2012-07 - 2012-09

BBC Media Action, London - Researcher and Report Writer

Conducted background research for the development of a conceptual model for BBC Media Action's work on the influence of media and communication on conflict and dialogue. The theoretical focus of the model included interpersonal and intergroup conflict as drivers of conflict and fragility. Developed the structure and outline of the model. Prioritised theories and content on media, conflict and fragility for inclusion in consultation with the Consultant Adviser.

2012-03 - 2012-03

Asian Network for Free and Fair Elections (ANFREL) - International Elections Observer, Myanmar

Monitored the pre-election campaign, analysed key political messages and access to voice. Conducted local opinion surveys, interviews with all levels of society and delivering reports in a fast-pace environment. Contributed to workshops aiming to train local observers in election procedures, from reporting to human rights and freedom of expression. Navigated different intercultural terrains, security situations and exhibited sensitivity to local actors and issues.

2011-11 - 2011-06

Medecins Sans Frontiers (MSF), UK - Researcher and Report Writer on Resilience, Humanitarianism and Development

Part of an LSE research team writing a policy report for MSF UK entitled 'Resilience: An Objective for Humanitarian Aid?' The report included a thematic literature review, conceptual analysis, conclusions and recommendations for the industry on to what extent 'resilience' is a constructive concept for humanitarian

practice. The consultancy required team-work with a balance of research, independence and collaboration and production of high-quality analysis on a limited time-frame and budget.

2010-11 - 2011-06

ICT4Peace Foundation - Research Internship

Co-authored a report with Special Advisor and TED scholar Sanjana Hattotuwa on 'ICTs and the Prevention of Mass Atrocity Crimes'. Expanded, revised and edited the ICT4Peace Wiki, and developed a framework for content selection and curation of information.

2010-11 - 2011-06

Centre for Peace and Conflict Studies (CPCS) - Research Internship

Researcher for the conflict-mapping program. Part of a team developing and writing a paper on political and structural violence in post-war Sri Lanka, focused on the global dimensions of the conflict. Individual research focused on the influence of local and international media on the conflict and post-war environment, using content and discourse analysis, media system mapping and conflict analysis.

2009-09 – 2010-06

Centre for the Study of Political Violence and Terrorism (CSTPV) - Research Internship

Conducted research on terrorist groups in Sub-Saharan Africa. Responsible for monthly reporting on the social and economic status of groups, including Sudan People's Liberation Army (Sudan), West Nile Bank Front (Uganda) and Union of Forces for Democracy and Development (Chad).

2010-01 – 2010-01

People's Action for Free and Fair Elections (PAFFREL), Sri Lanka - International Elections Observer, Sri Lanka (100%)

Monitored the elections campaign, information gathering, analyzing key political messages, human rights challenges and relative access to voice. Conducted local opinion surveys, interviews with all levels of society and delivering reports in a fast-pace environment. Investigated opportunities for more effective and participatory election monitoring.

2009-08 – 2009-09

Transcend Network for Peace and Development, Austria - Internship

Resident journalist, responsible for producing, recording and editing content for the Transcend Media Service. Consulted on public relations and communication strategies for the foundation, aiming to reach a younger academic audience. Provided administrative support and IT-services to the European Peace University (EPU). Assisted with the establishment of the World Peace Academy in Basel, Switzerland.

2006-08 – 2006-12

CEPIA Association (Cultura, Educación y Psicología de la Infancia y la Adolescencia) - Volunteer

Worked with children in vulnerable situations in the coastal communities of Guanacaste, Costa Rica. Developed a curriculum for teaching English from 1st to 3rd grade in four local villages. Created confidence building programmes for women and children, focusing on community building practice.

Språk / Languages

- Engelsk. Muntlig: Flytende Skriftlig: Flytende
- Norsk. Muntlig: Morsmål Skriftlig: Morsmål
- Spansk. Muntlig: Gode kunnskaper Skriftlig: Gode kunnskaper
- Arabisk. Muntlig: Grunnleggende kunnskaper Skriftlig: Grunnleggende kunnskaper
- Tysk. Muntlig: Gode kunnskaper Skriftlig: Grunnleggende kunnskaper

Tidligere verv / Volunteer Positions

- Nordic Ocean Watch. Verv: Frivillig, Strategisk Kommunikasjon

- Norwegian Green Party / Miljøpartiet de Grønne. Verv: Leder, Frogner Bydel
- Prama Foundation. Verv: Board Member
- Oslo Freedom Forum. Verv: Volunteer
- Save the Children, Scotland. Verv: Volunteer Fundraiser
- CBS News, London. Verv: Volunteer Production Assistant
- Point of Peace Conference for Human Rights, Stavanger. Verv: Volunteer

Referanser / References

- *Kjell Tormod Pettersen*
Ambassadør, Afghanistan. Sted: Utenriksdepartementet. Telefon: 66 78 93 93
- *Lasse Bjørn Johannessen*
Ambassadør, Nepal. Sted: Utenriksdepartementet. Telefon: 997 98 810
- *Siri Skåre, Head of Global Programmes, NOREF.*
- *Emrys Schoemaker*
Director, iMedia Associates .Sted: London, United Kingdom. Telefon: +44 7957692244
- *Roger Mac Ginty*
Professor of Peace and Conflict Studies, the Humanitarian and Conflict Response Institute. Sted: University of Manchester, United Kingdom. Telefon: +44 (0)1612753419
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