

Joanna (Kamalagita) Hughes

Secondary English Educator (QTLS) & Author, *The Mindful Teacher's Handbook*

Cardiff, UK · 07743 876645 · kamalagita@googlemail.com · Seeking IB (MYP/DP) roles in Spain or Portugal

Profile

A QTLS-qualified Secondary English educator and published author with over 15 years across GCSE/KS4 examination teaching, curriculum design, and postgraduate teacher training. Nationally recognised for work in whole-school wellbeing and pastoral frameworks, with a shortlisting for a Teach Secondary Award. Now seeking a move into the IB (MYP/DP) framework in Spain or Portugal.

Secondary English (GCSE & KS4/MYP)

Wellbeing & Mindfulness Education

Whole-School CPD Design

Curriculum & Inquiry-Based Learning

Safeguarding & Governance

Trainee Mentorship

Bilingual Pedagogy

Experience

Education Lead for Wellbeing & Mindfulness

2018 – Present

Mindfulness in Action

- Direct national training strategy and evidence-based mental health frameworks for school groups.
- Consult with international school leaders on reflective practice and pastoral support infrastructure across diverse student bodies.

International Lead Trainer

2018 – Present

Mindfulness in Schools Project (MiSP)

- Deliver accredited mindfulness teacher training to global educators and school networks.
- Develop evaluation rubrics grounded in reflective practice and practical classroom application.

Lecturer in English / Teaching & Learning Champion

2011 – 2016

Cardiff and Vale College

- Taught GCSE English Language and Literature, with consistently 'Excellent' formal teaching observations.
- Lectured on the PGCE programme, overseeing curriculum design and classroom observation of trainee teachers.
- Led Welsh-medium cross-curricular initiatives as Welsh Language Champion.

Senior Mentor & Lecturer

2016 – 2018

GWLAD Project, University of Wales Trinity Saint David

- Delivered higher education modules in Leadership & Management, Coaching & Mentoring, and Mindfulness in the Workplace.
- Designed pedagogical interventions for non-traditional and historically underserved learners.

Education, Community & Student Engagement Lead

Current

Plastic For Purpose

- Design experiential, story-led learning projects mapped to skills-based curriculum frameworks comparable to the IB Middle Years Programme.
- Coordinate multi-partner education campaigns with secondary schools and regional authorities.

Chair of the Board & Head of Safeguarding

2018 – 2023

Cardiff Buddhist Centre (Registered Charity)

- Held executive, legal, and financial governance responsibility for the trust.
- Served as Designated Safeguarding Lead, aligning practice with child protection legislation and staff vetting frameworks.

Writing & Media

Author

The Mindful Teacher's Handbook (Crown House Publishing, 2022) — shortlisted for a Teach Secondary Award, used by school leadership teams to embed wellbeing frameworks into academic practice.

National CPD Architect

Co-designed and facilitated *Mindfulness for Education Leaders*, endorsed by the National Academy for Educational Leadership Wales, training cohorts of headteachers and senior administrators.

Media Contributor

Featured on Twinkl's *In It Together* podcast; regular contributor to the cultural magazine *Barn* (2024).

Storyteller & Filmmaker

Rhondda-born storyteller and writer; has made documentary films about the Rhondda for the BBC and performs oral storytelling at cultural events across Wales.

Qualifications

BA (Hons) English Literature, First Class	University of Sheffield, 1996
MA Television Documentary Filmmaking, Distinction	Goldsmiths College London, 1997
PGCE (Post-Compulsory Education)	University of Huddersfield, 2010
QTLS (Qualified Teacher Learning & Skills Status)	Institute for Learning, 2013
Mindfulness Teacher Training (TTR1 & TTR2)	Bangor University, 2015 & 2018
Welsh Government Language Sabbatical (30 credits)	Cardiff University, 2013
Essential Skills Practitioners, Level 3	City & Guilds, 2012

Languages & International Readiness

- Languages:** English (native), Welsh (fluent), Spanish (B1), Italian (A1)
- Right to work:** UK citizen; EU spousal freedom-of-movement application (German passport) in progress
- Target markets:** Actively seeking IB (MYP/DP) roles in Spain or Portugal