

CURRICULUM VITAE
PAMELA MEEKINGS - STEWART
January 2023

“The Woolshed”
144 Muri Road
Pukerua Bay
Porirua 5026

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PORTFOLIO:

- * Owner/Manager/Retreat Facilitator – The Woolshed Retreats
- Marriage & Civil Union Celebrant
- * Originator and Facilitator – The Wheel of Segais – a system of natural change
- Training Provider – The Wheel of Segais - The Four Seasons of Business, Living Treefully for Managing Change, Get A Life, It’s Yours!
- Consultant and Coach - Change Management, Career Management, Life Planning
- Event Management
- Workshop Facilitator
- Producer - Film, Television and Video
- Consultant/Tutor - Television Production, Media Skills

APPOINTMENTS:

2008 - 2015 Trustee/Board Member - e-learning Porirua Trust (Porirua City Community IT Educational Trust - PCCITET)
1995-2003 Board Member - Film & Literature Board of Review
1996-2000 Chair - Television Advisory Committee
N.Z. Broadcasting School
1994-2000 Board Member - NZ On Air
1992-1994 N.Z. Film Commission - Short Film Fund Consultant
1987 Equal Opportunity Task Force - TVNZ
1984 – 1988 Member of 3-person Television Complaints Committee
1989 - Self-employed. T/A - P J Meekings-Stewart

TERTIARY QUALIFICATION:

Bachelor of Broadcasting Communications, NZ Broadcasting School,
Christchurch

PUBLICATIONS:

‘Programmes that Provide for the Interests of Women: Issues of Content and Context’ in *New Zealand Television: A Reader*, John Farnsworth and Ian Hutchison (eds.), Dunmore Press, 2002

The Wheel of Segais – Living Treefully. An Aspiring Metaphor for Managing Change. Self-published. 3rd printing, 2022

MEMBERSHIP:

NZ Society of Authors (PEN)
Porirua Chamber of Commerce
Nga Uruora – Kapiti Project (conservation)
Friends of Pataka
Order of Bards, Ovates & Druids (OBOD)
Institute of Art & Ideas (UK)
Consumer NZ

PROFESSIONAL EXPERIENCE

EXECUTIVE RETREAT FACILITATOR:

1997- ongoing at own Retreat Facility, **The Woolshed Retreats**, at Pukerua Bay

- * Life coaching and career counselling
- * Personal development coaching
- * Retreat facilitator (1-day retreat) - life planning, change/stress management, personal development
- * Total Pampering Days

Meekings-Stewart also hosts strategic planning sessions for senior executives from her farm venue at Pukerua Bay. Clients have included NZ on Air, Career Services and Porirua City Council.

MANAGEMENT:

2013-ongoing **The Wheel of Segais Facilitation** – a system of natural change for one-to-one on line international clients as well as on line and in person workshops for businesses and organisations seeking advice on effective change and career management. Wheel of Segais in person workshops have been held in New Zealand, Australia, England and Wales.

The Wheel of Segais incorporates both **Living Treefully** and **The Four Seasons of Business**.

- 2011-2015 **Investment Logic Mapping (ILM) Facilitation** for the Board of e-Learning Porirua (2012, 2013, 2015) and as an excellent team building tool for NZ Pharmacy Guild and a Life Coaching tool for 15-20 clients. ILM is a problem-solving tool used by Victoria Treasury, Australia, and a number of government departments in New Zealand. It is also highly effective when used for one-on-one Life Planning and Career Management.
- 2001- 2012 ***“The Four Seasons of Business”, “The Four Elements of Communication”, “The Four Seasons of Relationship”***
Workshops for public and corporate clients covering personality profiling, project management and team building, leadership and empowerment, communication strategies, etc.
- 2010-2014 **Workshop leader – Communication Skills** – for the annual, one-week RYLA (Rotary Youth Leadership Awards) leadership development programme.
- 2012 **Event Manager** for Porirua City Council – ‘Salute 70’ – 70th Anniversary celebrations to commemorate the American Armed Forces’ presence in New Zealand 1942 to 1944.
- 2012 **Facilitator/Chair** of four Community Discussions for input into Porirua City Council’s Long Term Plan
- 2011 **Facilitator/Chair** – Public Forum on Regional Governance Review for Porirua City Council.
- 2010-2011 **Researcher/Writer** of a paper for Digital Porirua Trust and Dept. of Internal Affairs’ Community Partnership Fund (*Community Access Points (CAPs), Gap Analysis to identify under-served areas of Porirua*).
- 2009 - 2011 **Project Manager** for Digital Porirua Trust overseeing the Digital Porirua Project creating 9 Internet Community Access Points and 6 ‘Netpods’ in local schools.
- 2009 **Event Manager** for Porirua City Council’s Digital Porirua Trust Launch in association with Hewlett-Packard New Zealand
- 2000 ***Spirit at Work Conference, Christchurch***
“The Four Elements of Business” workshop.
- 1998 ***Women in Printing (Printing Industries Wellington)***
Keynote address - “Getting Out Of Our Own Way”
- 1997 ***Hutt Valley Business Development Board***
“Get A Life - It’s Yours” - a half-day life planning seminar.

Women's Business Network

Keynote address - "The Portfolio Woman"

1996

Hillary Commission:

"The Leading Edge" - 2 seminars for the Hillary Commission's Conference 'to extend and enhance women as leaders in sport'.

1988

to

1995

Tall Poppies & Co. Ltd:

Instructional design and training provider

- Management skills training (Supervisor, Manager and Senior Manager level)
- Career management for Women
- Career management for Men
- Communication skills
- Change Management
- Stress management
- Life skills
- Motivation

1994

ECNZ

Keynote address to Career Management for Women

1993

Grey County Council, Greymouth:

A series of seminars and keynote addresses for women in Hokitika and Greymouth for Suffrage Centennial Year.

Hillary Commission:

"Leadership & Empowerment" and "Putting Your Strategies Into Practice" - 4 seminars for the Hillary Commission's 'Women in Action' Conference.

N.Z. Police:

'Women in Policing' - facilitated and taught at 2-day Conference.

1992

Success Dynamics Ltd:

Instructional design and training provider

- Life skills
- Presentation skills for presenters

Admor Associates Ltd:

Instructional design and training provider

- People Management
- Managing Teams
- Media skills

Onslow College

'Shark Infested Custard' - a careers workshop for teenage girls

MEDIA:

PRODUCER/DIRECTOR/EXECUTIVE PRODUCER - FILM, TV & VIDEO:

Independent Producer/Director (1989-):

- 2012 Producer/Director of a promotional and induction video for Porirua City Council
- 2010 Researched, produced and directed a Power Point Presentation and script for Steven Joyce, MP, suggesting a digital future for Porirua through an internet portal linking to Community Access Web TV.
- 2010-2011 Researched and wrote a paper for Digital Porirua Trust and Dept. of Internal Affairs' Community Partnership Fund (*Community Access Points (CAPs), Gap Analysis to identify under-served areas of Porirua*).
- 2010-2011 Producer/director of a 5-minute and a 20-minute documentary for Porirua City's entries in the International Liv-Com Awards in Chicago in November. Porirua won three top awards in their categories.
- 2010 Producer/director of 8-minute water conservation video for Porirua City Council website.
- 2009 Producer/director of two promotional videos for Porirua City Council business initiative.
- 2009 Producer/director of an 8-minute and 17-minute documentary for Porirua City Council and Hewlett-Packard from the field footage and Launch footage shot for the Digital Porirua Trust Launch
- 2009 Producer/director of video inserts into presentation for Porirua City Council's Digital Porirua Trust Launch in association with Hewlett-Packard New Zealand
- 2007 Producer/Director training and public information DVDs (drama) for Ministry of Justice Disputes Tribunal and
- 2006 Tenancy Disputes Tribunal
- 2001-2004 Producer of corporate documentaries on ethics, values and governance for Telecom (2001), BNZ (2001 & 2003) , Community Support Services ITO (2002) and Total Mobility Services ITO (2003/04).

(for ETV - Educational TV): Producer/director *Learning Curves, Skills For Job Seekers* , writer/producer/director *Be Your Own Boss*.

(for TVNZ): N.Z. Producer *Ray Bradbury Theatre* , Exec. Producer *Of Cadillacs & Men, Hokonui Todd*, producer/director *Opening Doors, A Damned Good Job, A Cat Among The Pigeons* (winner Best Editing, Best Original Music - N.Z. Film & Television Awards), Producer *Really Living*.

- 1995 Incorporated “*Pinnacle Producing Ltd*” - a TV and film production company with two other producers – Di Oliver and Amanda Evans. Producer *For Art’s Sake*, Exec. Producer *The Write Stuff*.
- 1994 Incorporated “*Worldwide Women’s Network Ltd*” - a women’s television channel which screened for 18 months on Telecom’s fibre optic cable trial in Auckland.
- 1973-89 Director/Producer/Executive Producer, TVNZ
Producer - *On Camera, This Afternoon, Today at One*,
Producer/Director - *Seven Days* .
Joined Documentary Dept. TVNZ 1978 - Producer/Director of over 50 New Zealand film documentaries for series such as *Challenge, Lookout, Contact, Johnstone’s Journey, Beginner’s Guide To....., Not So Long Ago, The Southlanders* and *The Tuesday Documentary*.
Conceived, produced, directed *Pioneer Women (2 series)* (winner Feltex Award for Best Drama). Co-producer and director 4 eps. *Expressions of Sexuality* , director 2 eps. *Legacy* (winner Australian Pater Award), producer/ director *Dear Mr. Douglas* (finalist - Beattie Awards), conceived, produced, directed in-house video *The Vid-EEO* for EEO Awareness Training
- Executive Producer, Documentary Dept 1979-1989.
- 1968-71 4-year Producer/Director training, Canadian Broadcasting Corp., Toronto, Canada

MEDIA AWARDS:

- 1993 NZFTA Winner - Best Editing and Best Music/Soundtrack
“A Cat Among The Pigeons”.
Accepted for the Hawaii Film Festival
Requested for archiving at Georges Pompidou Centre, Paris.
- 1988 Pater (Australasian Academy of Broadcast Arts and Sciences)
Winner - ***“Legacy”***

“Beattie Award for Excellence in TV Journalism”
finalist - ***“Dear Mr. Douglas”***
- 1983 “Feltex” Winner - Best Drama - ***“Pioneer Women”***
- 1982 “Feltex” Finalist - Best Documentary - ***“The Southlanders”***.
- 1981 “Feltex” Finalist - Best Documentary - ***“A Way Of Looking”***

MEDIA TRAINING CONSULTANT/TRAINING PROVIDER:

- 2008-2011 **Wellington Institute of Technology**
Consultant and lecturer in Media Arts and Creative Technologies
- 1993-2011 **N.Z. Broadcasting School**, Christchurch.
Consultant and lecturer
- 1992-2006 **TVNZ / Avalon Film & Television School:**
Instructional design and lecturer
“Introduction to Television Production” - 2 x 19-week training courses
per year
- 2005 September and October. Two lectures at Petone Settlers’
Museum to mark 30 years of Avalon
- ‘Women on Television’
- ‘Documentary’
- 2004 3-day training in documentary-making for Te Papa staff
- 1999-01 **Victoria University of Wellington**
Guest lecturer in Film Studies
- 1997-01 Training provider - “Documenting N.Z.” - a mid-level
workshop on researching, reporting and directing
documentary and information programmes.

- 1996 *An Evening With Pamela Meekings-Stewart*
A retrospective of work and career - a professional development initiative of the New Zealand Film Commission and Project Blue Sky.
- Teachers Refresher Course Committee:*
Keynote address - "Communication and Gender" - at their Conference, 'The English Curriculum Document - From Mystery to Mastery'.
- 1992/93 *Co-designer and co-provider with Ian Johnstone*
- Media Skills Training Courses
- 1989 Instructional design and training provider -
"The TV Documentary" - Wellington Polytech Journalism Course
- 1988 Instructional design and training provider -
New Entrant Training (Production) - TVNZ

EDUCATION/TRAINING

BUSINESS MANAGEMENT:

Investment Management:

Part 1 - Investment Logic Mapping Facilitator Training, State of Victoria
Dept. of Treasury & Finance, Melbourne (June 2011)

Part 2 – Facilitator Accreditation Training, Benefit Analysis (October 2011)
facilitated by Project Management Institute of New Zealand.

"Company Director Governance Seminar" 2001
2-day seminar by invitation only facilitated by The
Institute of Directors for CCMAU.

Workplace Assessor Training Unit Standard No. 4098
"Assess adult candidates using supplied assessment
procedures" - NZQA

"Powerful Presentations", "Creating Wealth" and "The Future Of
Business" three intensive 4-day seminars with Robert Kyosaki,
Excellerated Learning Institute, San Diego.

"Management Development for Senior Women Managers" and
"The Managerial Woman in the 1990's" - two 3-day seminars
with Dame Rennie Fritchie, UK.

MEDIA:

Bachelor of Broadcasting Communications, NZ Broadcasting School,
Christchurch

Ryerson Institute, Toronto, Canada - Post-Graduate
Certificate in Television

Canadian Broadcasting Corp., Toronto, Canada -
4 years' Producer/Director training

BICULTURAL:

Bicultural Management Programme - 4-day Bicultural Training
Seminar facilitated by Ihi Management Consultants for Dept.
of Labour, Training and Support.

Maori Language 1 - V.U.W. Extension - with Hirini Melbourne