



## **Directors**

### **Daniel Thompson. Chairman.**

Dan has 18 years of experience in IT driven consulting, leading, building and developing Data Analytics teams and cloud based solutions. Generating circa £3m annual revenue for Data Management and data solution driven propositions within Public Sector, Financial and IT Services Industry. He currently heads a Team at Agilisy and is moving to Director of Data and Insight for Xpedition from June 2021. Dan has a huge interest in Health and part time runs a Acupuncture & Physical Therapy sessions in Southend. Dan brings a wealth of knowledge & experience to the Active Life Board and is looking forward to working with the Team to continue to develop the Organisation.

### **Sarah Potts – Founder Director**

Sarah has worked in the Fitness Industry for over 25 years, starting as a Fitness Instructor back in the 80's. Sarah founded Active Life for a Healthier You in 2011, bringing quality Health & Wellbeing sessions into the Community, breaking down the barriers to getting active, making sessions accessible to everyone. Together with the Active Life Team she has developed & grown Active Life into an award winning Organisation with an outstanding reputation to be proud of. Sarah's passion continues to drive the brand forward, managing, coordinating & successfully accessing funding. Partnership development is essential to our success, and she works closely with Sport England, Active Essex, The Big Lottery, Southend Council & SAVs to name a few. Sarah manages the day to day running of Active Life on all levels, but always has her pink trainers under the desk just in case needed!

### **Michelle Dean – Co-Founder / Special populations**

After 15 years of travelling the world as a Dancer with many performances in the West end, Michelle entered the world of Fitness. With now over 25 years teaching experience, Michelle brings a wealth of knowledge & experience to our Special Population programmes. Her enthusiasm to get anyone active, at any age or ability makes getting active fun! Michelle continues to inspire our older age group of participants with sessions to improve, strength, Balance, flexibility & fitness. Michelle is a hugely popular Tutor who makes our sessions so much more than just getting active!

### **Lisa Wright- Project Manager**

Working in the leisure industry for 25 years Lisa has a depth or experience in Local Government, Contract Management and procurement, Community Safety, Art and Cultural Development, Archives as well as significant project management experience working with special populations and targeted groups. Lisa is a Shared Services Practitioner, Action Learning Facilitator, Tutor & Assessor, as well as being a founding Director of Culture First.

**Jennie Toll – Accounts Director**

Jennie has been a Finance Director in both Commercial & Community for over 25 years. Her knowledge has ensured that Active Life has continued to grow & develop. Jennie certainly thrives on a challenge managing our accounts, and ensures that locally Charities are supported through the work of Active Life. Jennie has a passion for keeping our Community Healthy and manages our successful Weight Management programme 'Trim & Train' in partnership with Everyone Health. As well as Accounts & Nutrition, Jennie loves to wiggle and is a popular Tutor teaching Zumba Gold.