



Jesusa Ricoy Olariaga (Mara) Alicante, Spain 1974

Spanish national resident in U.K. since 1992.

Currently exploring the impact of creativity on health and wellbeing.

Professionally she defines herself as an educator with vast experience in birth, feminism, womanhood, activism and film.

Online activist for more than a decade, mostly in spanish speaking countries, reclaiming the rights of women, particularly mothers. She is also a poet and writer, and a reflective listener of trauma and loss. Mother of 3 and founder of the international movement Roses Revolution. Mara speaks fluently Spanish, English and Italian.

November 2020

Online lecturer for the Department of English, German and Roman languages, Copenhagen University on the feminist implications of Mary Wollstonecraft's labour of Mary Shelley.

March 2020

Designer and facilitator of the online training on Birth Education for midwives and birth professionals, and various courses of similar nature for her website/project Matriactivista.

March 2020-September 2020

Creator and facilitator of 51 online courses for british expectant couples during the pandemic as part of her self employed role with the NCT.

September 2018

Lecturer on *Obstetric violence, a feminist matter*. Festival of Choice, Amnesty International & Other

October 2016

Lecturer on *Birth in movies, the manipulation of a experience*. Vic University Science, Health and Wellbeing Faculty.

June 2015-2016

Speaker of the Spanish Watchdog for Obstetric Violence, O.V.O.

March 2010

Consultant writer for T.V. personality Eduard Punset's blog

Mara has also published three books on the topics of Birth in film and media, feminism and obstetric violence.

For many years she has listened to birth trauma and loss as a volunteer on the helpline Birth Crisis for which she was trained by Sheila Kitzinger MBE and her daughter Celia.

Mara has been published by magazines such as: Midwifery Today, Aims y Juno.

And she is frequently interviewed internationally by both press and researchers.