



Lucy Downing is the Project Manager for Tough Options Moving Forward.

She comes from a background in International Public Policy, specialising in security and foreign relations in the Middle East. Her postgraduate studies took place in Belfast, Northern Ireland, which she found was an inspiring environment for her research on peace and conflict transformation studies. With experience in educational programmes within conflict-affected areas, her work has primarily focused on Women's Empowerment and Socio-Emotional learning for refugee children and adults. She is also an active participant in humanitarian organisations like Amnesty International and UN Women. She is passionate about connecting communities of faith, wellbeing and fostering safe spaces for discussion.