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OTILIA MUTU

PRESS KIT

Author, speaker and
domestic abuse advocate
for the Romanian and
Roma diaspora.

"I am my own victory."

From Dincolo de frică / Beyond Fear

PRESS AND BOOKINGS

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ABOUT

Otilia Mutu

Otilia Mutu is an author, public speaker and advocate for women affected by domestic abuse, with a particular focus on the Romanian-speaking and Roma communities in the United Kingdom. Born and raised in Bucharest, she moved to the UK in 2016. She speaks openly about her own years of living with abuse, and about what it took to rebuild her life in a new country.

She is Initiator and CEO of Lotus Justice & Support Centre CIC, a fully online organisation that supports Romanian-speaking survivors across all UK local authorities. Lotus offers guidance, referrals and advocacy through a network of psychologists, solicitors and trained volunteers, working in the language survivors feel safe in.

Otilia holds an Ofqual regulated Level 3 Diploma in Domestic Abuse: Prevention and Early Intervention, a Level 5 Diploma in Law and a Level 7 Diploma in Quality Control and Quality Assurance, alongside specialist training from IDAS and HM Government.

In 2025 she published *Dincolo de frică* with Editura Letras, and its English edition, *Beyond Fear*, with Balboa Press UK. The book was launched in London in November 2025 in front of over 440 people. She also hosts the *Dincolo de frică* podcast on YouTube.

Otilia has spoken at over 40 events in the UK and internationally and has appeared on Antena 3 CNN, Antena Stars and Prima TV. In March 2026 she took part in the 70th Session of the UN Commission on the Status of Women as a volunteer participant with UN Women UK.

AT A GLANCE

ROLE

Initiator and CEO, Lotus Justice & Support Centre CIC

BOOK

Dincolo de frică (Editura Letras, 2025)
Beyond Fear (Balboa Press UK, 2025)

PODCAST

Dincolo de frică, on YouTube

SPEAKING

Over 40 events in the UK and internationally

BASED

London and Bucharest

LANGUAGES

Romanian, English, Spanish

ON AIR

Antena 3 CNN, Antena Stars, Prima TV

SPEAKING

Invite Otilia to speak



Otilia speaks in English and Romanian to conferences, councils, NHS and social care teams, universities, community events and corporate audiences.

01 Beyond fear

Surviving abuse and starting again in a new country. For keynotes, community events and women's networks.

02 Domestic abuse in migrant communities

03 Working with Romanian-speaking survivors

A practical guide for NHS, social care, housing and IDVA teams.

04 Economic abuse and coercive control

The invisible cage. For conferences, training days, banks and employers.

05 Children who see and hear everything

For schools, family services and health visitors.

06 From survivor to social entrepreneur

Building Lotus. For universities, business and leadership events.

FORMATS

Keynote · Panel · Workshop · Training for professionals · Podcast or media guest

BOOKING

hello@otiliamutu.com, with the date, location, audience and format.

THE BOOK

Dincolo de frică / *Beyond Fear*

A letter from Otilia to women held back by a person, a relationship or their own thoughts. Real stories, warning signs, exercises and practical steps, including how to leave when you feel you have nowhere to go.

ROMANIAN EDITION

TITLE	Dincolo de frică
PUBLISHER	Editura Letras
PUBLISHED	November 2025
PAGES	126
ISBN	978-630-312-574-9 (paperback) 978-630-312-575-6 (ePUB)
AVAILABLE	Letras, Amazon

ENGLISH EDITION

TITLE	Beyond Fear
PUBLISHER	Balboa Press UK
PUBLISHED	25 November 2025
PAGES	158
ISBN	979-8765215951 (paperback) 979-8765215968 (hardcover) 979-8765215975 (eBook)
AVAILABLE	Amazon

Launched in London on 15 November 2025, at an event attended by over 440 people. Review copies available on request.



THE PODCAST

Dincolo de frică is a Romanian-language podcast, hosted by Otilia on YouTube, that breaks the silence around domestic abuse in the Romanian community in the UK. Survivors, openly or anonymously, and professionals talk about abuse, survival and rebuilding.

Watch on YouTube: youtube.com/playlist?list=PLfXtDMu247R76t_BqNKJjulht96naDi7L

Support in the language survivors feel safe in

Lotus is a UK Community Interest Company, initiated and led by Otilia, that supports Romanian-speaking survivors of domestic abuse across all UK local authorities, fully online.

WHAT LOTUS DOES

Guidance, referrals and advocacy for survivors, in Romanian, through a network of psychologists, solicitors and trained volunteers.

WHO IT WORKS WITH

Councils, safeguarding and MARAC partners, specialist domestic abuse services and partner law firms.

REGISTERED

Companies House no. 17184809 · lotusjusticeapp.co.uk

RECOGNITION AND COMMUNITY WORK

2026	Volunteer participant with UN Women UK at the 70th Session of the UN Commission on the Status of Women (CSW70)
2026	Prestige Awards, Winner, Hospitality Staffing Specialists of the Year, London (West), for her company OtiPro Ltd
2025–26	Romanian Excellence Trophy, Campaign for Romanian Excellence in the West, Finalist
Since 2025	Registered volunteer, Consulate General of Romania in London, focused on domestic abuse awareness
Ongoing	Named on the plaque of the UK's first Roma Holocaust Memorial, Newcastle
Ongoing	Co-host of two editions of Roma Fest in the UK
Ongoing	Ambassador, Asociația Cred în România · Sponsor, Asociația Șansa Ta

QUALIFICATIONS AND TRAINING

Trained, regulated, accountable

Qualifications are Ofqual regulated unless marked as training. Certificates are available on request.

DOMESTIC ABUSE AND SAFEGUARDING

OCNLR Level 3 Diploma in Domestic Abuse: Prevention and Early Intervention	2026
IDAS training: Domestic Abuse Essential Training; Understanding and Responding to Domestic Stalking; Domestic Abuse and the Use of Sexual Violence; Talking to Young People about Healthy Relationships	2026
HM Government: Prevent Awareness and Prevent Referrals (training)	2026
Amity Relationships Toolkit, working with parental conflict (training)	2026

LAW

ProQual Level 5 Diploma in Law	2025
ProQual Level 4 Award in Understanding Disclosure of Information	2025
ProQual Level 3 Award in Providing Initial Legal Advice	2025

QUALITY, COACHING AND TRAINING

ProQual Level 7 Diploma in Quality Control and Quality Assurance	2025
ProQual Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	2025
ProQual Level 3 Certificate in Coaching Individuals	2025
ProQual Level 3 Certificate in Assessing Vocational Achievement	2025
ProQual Level 3 Award in Education and Training	2025

Otilia is an Affiliate Member of the National Association of Licensed Paralegals (NALP). She does not provide legal advice or representation; legal matters are referred to partner solicitors.

In the media

Otilia has appeared on Antena 3 CNN, Antena Stars and Prima TV, and in Romanian and UK press, speaking about domestic abuse, women's empowerment and the diaspora.

SELECTED COVERAGE

Radio România Actualități	Interview, Românii de pretutindeni
Occidentul Românesc	Profile, Romanian Excellence Trophy, 5th edition
România TV	Book launch announcement
Ziarul Profit	Book launch announcement

UPCOMING

5 Oct 2026	Panel at the launch of Diana Gini's book GAME ON	Ratiu Foundation, London
14 Oct 2026	Official presentation of Lotus Justice & Support Centre	Consulate General of Romania, London
27 Nov 2026	Împuternicirea victimei, dincolo de frică	Sala Dalles, Bucharest



Interviews, speaking invitations
and review copies

CONTACT

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