



## My Professional Journey:

Soon to be NLP Master  
Practitioner  
Certified Life Coach  
Mental Health First Aider  
Youth Yoga and Mindfulness Teacher Diploma  
Understanding Trauma CPD  
BTECH in Activity Provision in Health and Social Care  
Ba Hons Degree in Creative Expressive Therapies.

I have always had the awkward combination of being very creative and expressive but also logical and scientific, I love anything about the brain and neuroscience, psychology and somatics. However, I am also an empath; I feel people's emotions and energies very strongly and can very in tune to people's needs, I always wanted to help people. To top it all off I am also quite spiritual and love nature and the earth grounds me. I am scatty, but organised at the same time and love organising events and bringing people together. Whenever I have done any personality tests I am always bang smack in the middle both a blessing and curse. So how did I navigate my way through my professional career and education?

It is hard to feel deeply satisfied and fulfilled in a career when you have a curious mind who wants to take pieces of all the beautiful and interesting things and squish them all together to make something fabulous (until you start your own business). Now, I can use all my skills, expertise and interests in one place to transform people's lives with person-centred and holistic approach, and it is bloody brilliant! But how did I get here?



At College I studied:  
Dance  
Performing Arts  
Business and Economics  
Psychology

I had no idea what I wanted to do at University, nothing really resonated with me, it all felt too linear; too many courses with only one career opportunity at the end of the line. I am someone who likes to dip my fingers in many pies and bring all the best ingredients together to make my own unique pie with the sweetest firm fruit filling, crisp pastry, cruchy crumble, sprinkles, sparkles, gooey sauce, chocolate flake and a cherry on top! Then I found a degree that did that for me.

I moved to Derby(UK) and got a First Class BA Hons in Creative Expressive Therapies! (CET). Creative Expressive Therapies, What the hell is that? I hear you say (that is most people's response anyway). CET uses creativity (dance, movement, music, art, drama, play, poetry) as a catalyst for expression, reflection, empowerment and development. It gives people a safe space to feel nurtured so they can grow and blossom; building on positive aspects of self and maintain good wellbeing.  
Tadaaah!

Whilst studying I also volunteered; enabling me to put the skills into practice with the Alzheimer's society and with a company called Inspirative Art (IA) who provide creative therapies for people with physical and learning disabilities.

After University I worked at IA for several years and became the Care-Coordinator (assessing and reviewing clients and writing person-centred care plans) and a Creative Wellbeing Specialist (planning and delivering wellbeing workshops).

I then went on to work more specifically in mental health, first working for the charity Mind and then went onto work in GP surgeries on behalf of a community company. I worked both 1:1 and delivered groups in anxiety management, depression management, suicide awareness training.



What I found was that a lot of the staff working in the GP practices were stretched. They appreciated all the support that I gave to their patients whom they worried about, but they themselves were burnt-out too. I developed a course for the NHS staff in Burnout Prevention, Stress Management and Self-Care.

I loved everything about this course; creating it, delivering it, seeing the staff using the techniques in their work day. It is something I was really passionate about as I too, had hit burnout in the past. Which you can find more out about this in the 'My Personal Journey' Section.

One year when I was working, I had a chronic cough, I was getting repeated chest and sinus infections and was on antibiotics on repeat every month for about a year. I did not listen to my body which was screaming for me to slow down. I was exhausted, I was putting everything into my work and my patients and had little left for me. Until my body started screaming, STOP.

The Universe had been telling me that I was not on the right path. I loved my work but I wasn't getting to utilise my creative therapeutic skills or my leadership skills. I did not have enough energy for myself or enjoy the things that I love like travelling and dancing and being with friends. Something had to change.

That's when I did the inner work and started my business! I can now combine everything I love, help people, make real connections, and have the freedom and flexibility in my life that I need; in my health, in my time, in my money and in the things that I enjoy. Yeeeee and I know now, I am on the right path, even if it took me a while to get here.