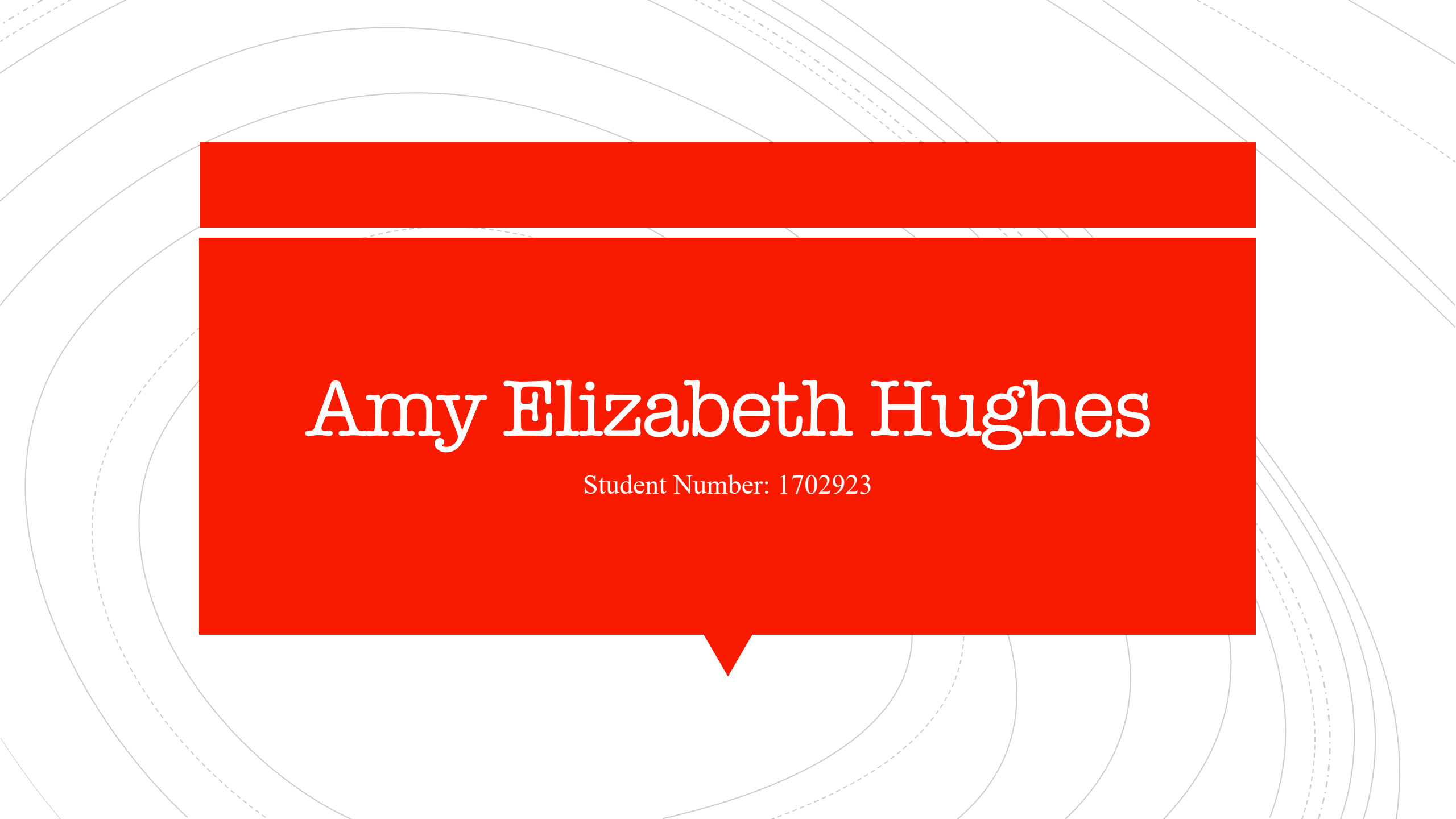


The background features a series of concentric circles in light gray, some solid and some dashed, creating a subtle pattern. A large, solid red speech bubble is centered on the page, pointing downwards. The text is contained within this bubble.

Amy Elizabeth Hughes

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Children's Counsellor

- What is a Children's counsellor?
 - Prospects.ac.uk (2019) states counselling is about assisting others
 - Allowing them to come to a greater understanding of their needs
- Why am I interested in the role?
 - Enjoy my job role as a carer, which is described by NationalCareersService.gov (no date) as a job where you assist others.
 - Always wanted to work with children.
 - Mueller (2009) states the importance of Children's mental health.

Skills For Counselling

What skills do I possess that are transferable into to the world of counselling and working with children?

- Non-Judgemental and Open-minded.
 - South et al (2013) and Mercer and Adavikolanu (2016) both state how important it is to be open to diversity in the workplace.
- Self-Awareness
 - Need to be aware of own emotional well being and own skills. Pieterse et al. (2013) state that self-awareness is essential in order to counsel others effectively. This is agreed by Stella (2016) who states that counsellors needs to examine own personal values.

Non- Judgemental

How Do You Ensure You Remain Non-Judgemental?

- Winslade (2013) states that the key to counselling without judgement is to get to know the clients, to ensure clients have a person centered approach.
- Understanding.
- Murray (2013) believes in being accommodating to different needs.

Self-Awareness

How Do You Become Self - Aware?

- Srivastava (2019) talks about the five different personality domains, known as the OCEAN model.
 - Openness to experience. Conscientiousness. Extraversion. Agreeableness. Neuroticism.
- Bassot (2016) suggests that self-awareness is all about reflective and critical thinking. This is also a view shared by Wu and Pope (2019).

Skills I Need To Improve.

- Self-awareness and reflection has shown me which skills I need to improve
- Being more assertive and less agreeable.
- Communication and Social Skills.
 - Deveugele (2015) states that effective communication is needed when working with clients. Kuntze et al. (2009) also agree that communication is a vital skill required in counselling.

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