





# *Reflection over the past year*

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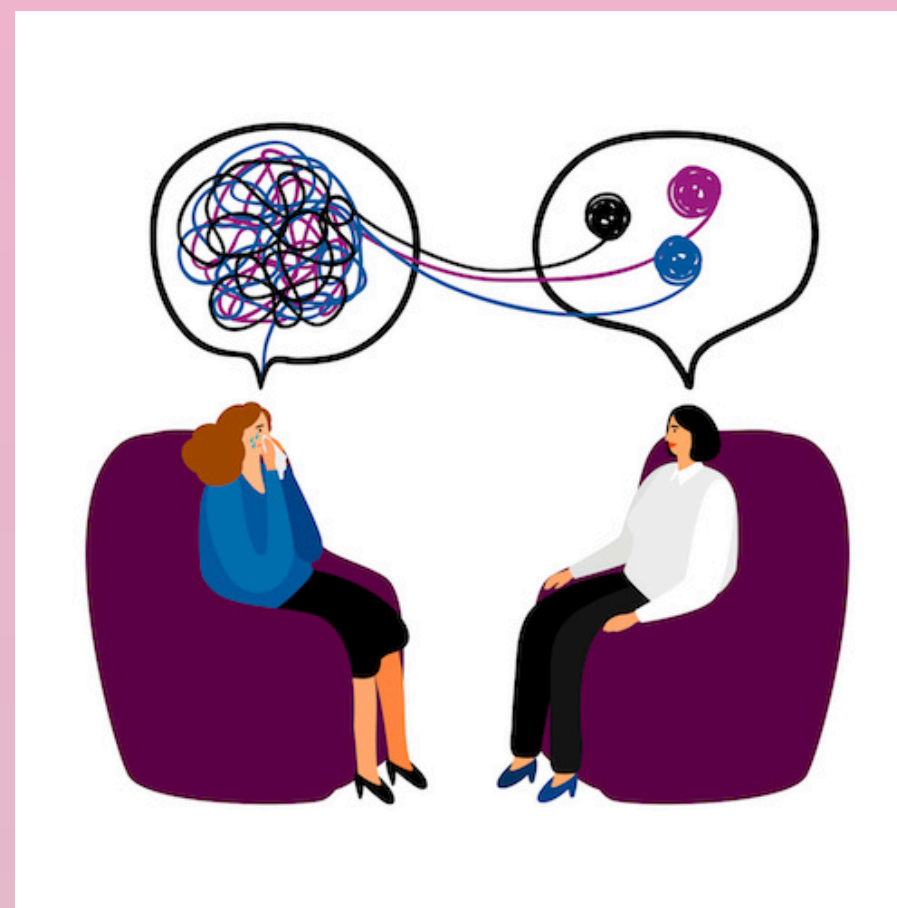
# Introduction



# Personal development learnings



Over the last year, I do believe that I have been on a journey and I feel as though I have personally developed compared to the person I was at the start of the year, this has come from different aspects of my life-shaping me into the person I am today.



I feel as though my confidence has improved greatly with how I am and in believing in myself with regards to my counselling practice and my university work.

# New insights

• Nogi, K. (2020)



Talking on the phone would cause me so much anxiety before telephone working.

However being pushed out of my comfort zone and having to counsel clients over the phone did improve my telephone skills

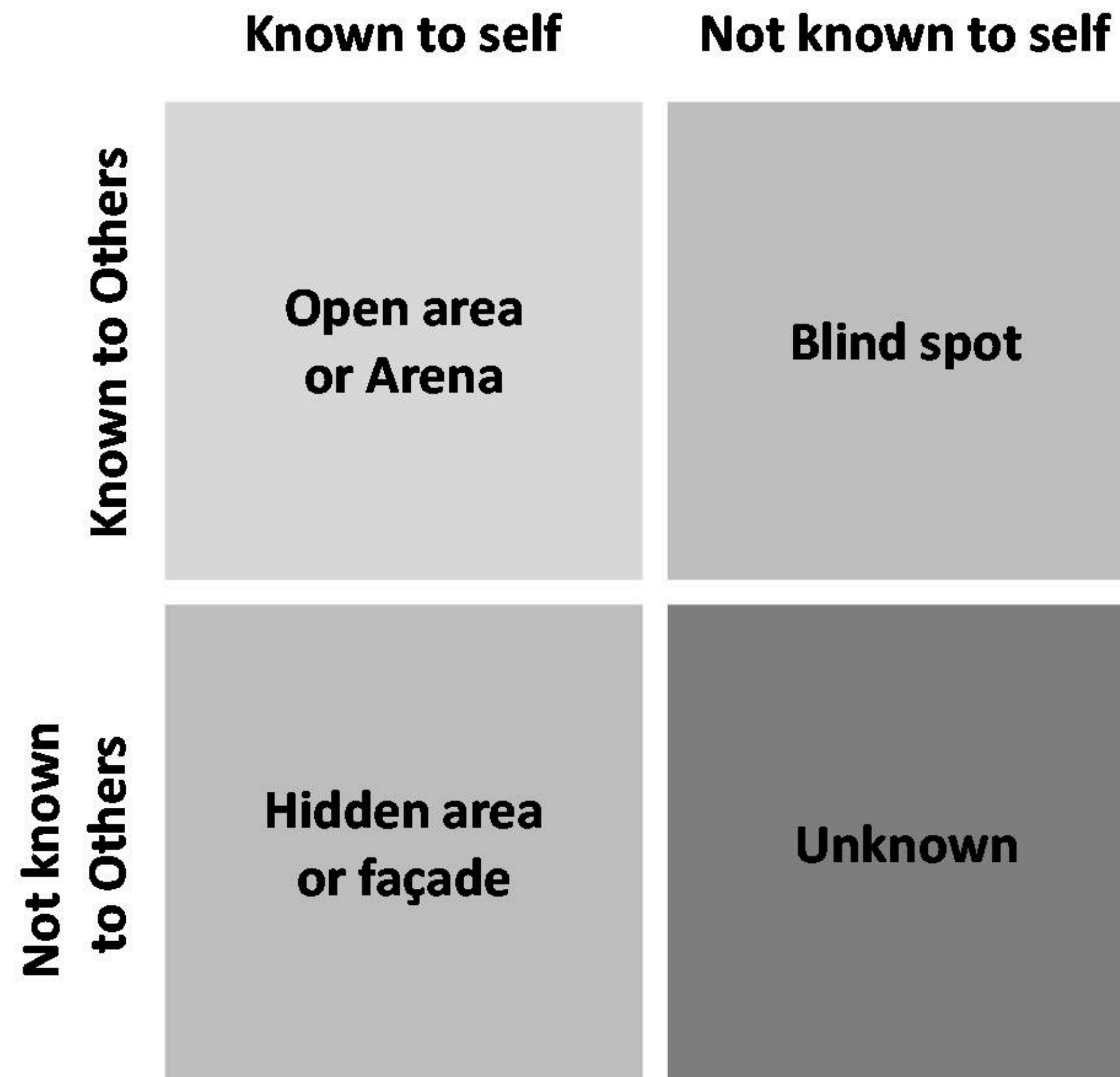
if you want to help  
but have social anxiety  
& find phone calls very  
intimidating, you may  
be thinking:

HOW DO  
I DO THIS?!



• EchoThroughTheFog (2016)

# New awarenesses



## The Johari Window Model

(Johari Window, 1988)



(Nogi, K. 2020)

## The Exchange

(The Exchange (2020))

# Challenges



• Nogi, K. (2020)

Social distancing at home.

Difficulties at home, with home life being disrupted.



# Growth and new opportunities

## The Exchange



I was lucky enough to be offered a job with the exchange in the primary schools as a child residence coach.

I was offered a place to be a counsellor in the colleges as part of my placement once a week along with telephone counselling.

# Next steps



# Self care and support within my journey

Bubble baths

Going for a run

Face mask's

Self care

Long walks

The beach

Reading a book

Personal therapy

Family

Friends

Boyfriend



# Conclusion



# References

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