
More about me

Would you like to know about me? Well then, my story isn't that great, however I have always been an introvert person, that shy and quiet little child who never spoke in class. Tell me this relates to some of you please 😊. I was not quiet because I wanted to, in fact I wanted to be a loud person who talks in class, but I guess it was just in my personality. I tried hard to talk, as my teachers would always say, "you need to talk in class". But I guess being quiet meant that I was a great student and focused more on my studies. Although my grades weren't that great in school, I still moved on and tried harder and at the end of it, I was left with a first class from university. That was when I was happy... happy that I achieved something great in life. Yes, grades mattered to me, and I don't know why but they just did at that time.

However, as I got wiser, I realised that there wasn't anything to be shy about anyways... and I realised this whilst working and keeping a professional life. Communicating with people really helped me to grow my confidence level and I was happy that now I'm not a quiet person anymore, I can communicate confidently, help people, not hesitant to say what I feel anymore... and I love it!

I then realised that there may be more people out there who are just shy and quiet, and I want to be someone who can help them. Not help them to change but at least help them to express what they want. Not only this, during my past experiences. I have worked with vulnerable adults in a care home, young children in a nursery and adults, and every time it would be me helping them with something and I loved it. I say this with so much passion because it was something I enjoyed a lot... me being there must have helped a lot of people I thought... it can be hard not being able to express what is really on your mind as I struggled with this in the past, because I only thought about what people would say to me if I said this or that... so when I learned about counselling in my studies, I realised that counsellors are much appreciated when helping people... and then this thought brought me to the idea of counselling. I first studied psychology where I got to learn about many aspects about people and reasons behind people's behaviours. I liked psychology so much that I would research new aspects of psychology every time even though I wasn't a person who reads a lot. After this, there were many options or career plans I could have gone to, but I said to myself. "I love listening and I love helping and I just can't get counselling out of my mind" 😊 so I studied (hoping I wouldn't have to, but I did) and this is how, I am now a counsellor...

I wanted to share my story with you because this is how I grew, with my education, experiences, and my own personal choices. I don't regret any choices I have made so far as this led me to something I wanted. I failed at many things though, but I didn't stop trying because I knew one way or the other, I would get what I want in the end. If you're in a similar situation to me, then I would say to ask yourself, what is it that you really want? I'm not here to give any answers, I'm here to help you make progress of your situations as well. We all need that someone who can just listen to us and clear our minds out right?

Whether your story is similar or different, I am here to listen to all of you and we will work together to improve it and find a peaceful and fulfilling life. I hope that those reading this, I get a chance to hear your story too.

So... now you know my boring story, I hope this somewhat brings you to express yourselves more too. Also feel free to contact me even for a little chat, I will always be there to listen, even if you want to vent your anger out 😊.

Also, I did not realise how long this was going to be, I guess I expressed quite a lot. But anyways this is who I am.

