

EDUCATION & QUALIFICATIONS

- Masters, Guidance & Counselling skills, Brunel University
- Cognitive Behavioural therapy, Diploma
- Bereavement Counselling, Diploma
- Performance Coaching, Diploma
- Multi-Agency Safeguarding & Child protection, Level 3
- Applied Suicide Intervention Skills training, Certificate
- Mental Health First Aid, Certificate
- Keeping Children Safe in Education-Part 1, Certificate
- Peer-on-peer abuse, Certificate
- Preventing radicalisation, Certificate
- Attachment, Learning & Play, Certificate
- Drugs Awareness, Certificate
- Learning Mentoring, Certificate
- Counselling Skills, Certificate

EXPERTISE

- Anger
- Anxiety
- Body issues
- Cultural Expectations
- Depression
- Emotional Regulation
- Exam Stress
- Friendship
- Low mood
- Gender
- Sexuality
- Safety
- LGBTQIA+
- Family
- Relationships
- Abuse
- Change
- Loneliness
- Confidence, Self-Esteem
- Self harm
- Suicidal Thoughts
- Young People's counselling
- Bereavement/ Loss
- Current/Recent Events
- Past Events
- Organisational Skills
- Caching
- CBT
- Multicultural
- Person-centred
- Solution focused brief

SAFETY CHECKS

- Advanced DBS

PERSONAL EXPERIENCE

- I have worked within High Schools in Brent & Westminster for over 23 years, first as a Learning Mentor and then as a School Counsellor, supporting young people and families with complex needs, from various ethnicities, faiths, communities, cultural norms, access to learning, family make-ups and traumatic life-experiences.
- I have worked closely throughout with Safeguarding teams to effectively communicate, support and help overcome challenging and sensitive circumstances.