**Counselling Personal Statement**

Since I was a child, I have always been curious how people think and how they feel. I like listening to people and helping people. I believe, the best direction for me to continue my career is to become a counsellor.

Some of my job experience and qualifications are not directly relevant to my chosen career. However, they helped getting transferable skills. I was working in different countries in different positions (e.g. agricultural worker, frontier guard, mobile phone technician, etc.).

In 2011 I have decided to devote myself in helping others and I started to build on skills and job experiences which are more relevant to counselling profession. I started to work as a health care assistant with elderly people with dementia and later as a support worker with people with disabilities. I was trained to work with vulnerable people and I have attained many training sessions, such as Health and Safety and Safeguarding Vulnerable Adults. My daily routines and activities have had a positive impact on my attitude towards people and values. I have developed an understanding of their needs and discovered individual differences. In 2012 for a short period I was supporting a student with sensory impairment and learning disability. It was a volunteer work at Norwich City College that helped me understand more about inclusion and equality.

In my free time, I study and practice meditation, energy healing, regression and massage. It helps me developing patience, self-awareness, empathy, listening skills and seeing things from a different perspective. I feel that these pastime activities are also important for my continuous self-development and they can also bring closer to my chosen career.

I finished Access to Higher Education Humanities and Social Sciences course. It gave me some knowledge about sociology, cultural studies, politics and psychology. Also, it has helped me to develop writing skills for higher education. I continued my education and I graduated Psychology with Sociology (BSC Hons) in 2016. During this course, I became more familiar with different psychological approaches and I became interested in therapies, especially in person-centred counselling. I believe that the Person-centred Counselling is an effective way of helping. This type of therapy fits my feelings and beliefs about helping as well.

I was attending Foundation in Counselling Theory course and Foundation in Counselling Skills course in 2016, which I enjoyed and I decided to continue studying counselling. At the moment I am studying for a PG Certificate in Person-centred Counselling Skills. I believe that my work experience and my studies gave me a good background, where I can build on and enhance the skills needed for my counselling career in the future hope that by finishing this programme I will have more knowledge about the counselling theories and I can improve my counselling skills, which are necessary to continue my career to become a counsellor.