

Listening 2

Kind: captions I think probably from the time that I was very little, I absolutely ultimately always wanted to help people. I had a wonderful opportunity to talk with friends and family about my next move in life and one of the best pieces of advice I got was if you're doing it because you have a love of learning, just do it anyway. I decided to go back to study because I actually realised that after around 15 years in my current practice, which is around counselling and case management and social work, that as the world was changing, I actually needed to change with it. When you do something like positive psychology and I think any type of graduate study, there's something transformational that happens as well. Everything that we were learning for or on in our service of others also applied to self. What I started to discover is that when you are being taught about being at your best and finding a way to flourish and thrive in life, I realised I wasn't in the way that I was doing my current work. From there, the idea of the art space group actually probably got birthed actually, so this idea around how do I take what I know that I'm really good at which is fertility counselling and fertility and infertility support, and how do I now create an organisation, a practice, a culture that actually says to people when you're going through a very challenging life stage, which is infertility, that there is lots of ways to navigate this territory that looks after your mental health. It looks after your well-being. It nourishes your relationships. It was absolutely the first time for me that I had an experience of university life where I went, "That is what it always was supposed to be." And so for me, it really consolidated this sense of working with people who are, got amazing minds, who can take you on a journey just embedding yourself in research but also working with people who are like-minded. And I felt like I had found a tribe. And even to this day, we're so connected as an alumni. We now support other people doing the same course. And I never had that at any stage throughout my professional or university life, and it's been so incredibly valuable.