

Zoe Hewlett
Level 4 Diploma in Therapeutic Counselling

I was drawn to the counselling course as a way of entering into an academic journey. I was curious about how to enhance a number of previous professional roles I had done previously, as well as the job I was currently doing. I wanted to improve my relationships by finding a more sustainable lifestyle of listening, showing empathy and supporting people at their most vulnerable time of need.

Although at times it's been one of the most challenging things I have ever done, embracing this journey has been so much more rewarding than I could have imagined on the very first day. I began the course with progression in mind, gaining a qualification and moving into a new career. However, I am grateful to be able to say that I have changed as a person through my own hard work and commitment to this experience. I have also met a group of people I know will be lifelong friends and colleagues. The more I learn the more I recognise I don't know, and that is the wonderful thing about education - both in terms of the course content and the variation of perspectives and experiences each person brings to the table!

I have and will continue to use what I have learnt to support those around me, myself and my relationships. Moving into a new job based specifically around mental health and emotional wellbeing support, I will be using the counselling skills I have learned through the course(s) everyday to offer the scaffolding people require as they navigate through challenging experiences. Being 'forced' to gain self-awareness through both class work and client work has been invaluable to the process. By better understanding myself I have been able to increase the effectiveness of my communication skills within my relationships and make some necessary changes to patterns of behaviour. Challenging myself to be the best version of myself every day, in every moment.

I initially chose Highlands due to the positive feedback and reputation it had, however, I chose to continue my academic journey with the college as a result of the relationship with tutors and the positive experience I had throughout my education. Despite the interruption of Covid and the unknown of so much instant change during

my Level 3 I felt supported and encouraged to continue at my own pace. This felt like the perfect environment for me to continue through into my Diploma.

My advice: Be prepared to sacrifice in some areas, but expect to gain in many others. It is a commitment like no other, but when you embrace the course in its fullness, it can be one that gives a life-time of positive impact to both yourself and others.

Links to counselling courses below

[Level 4 Diploma in Therapeutic Counselling](#)

[All counselling courses](#)