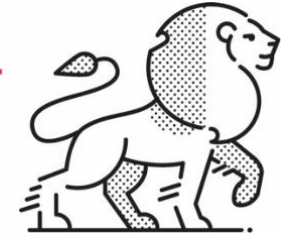


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Meet your **counsellor**...



I am beyond thrilled to be your **Grade 6-9 Mental Health & Well-being Counsellor**.

I am very fortunate that as a child I had the opportunity to travel and live all over the world. I learned at an early age about different cultures and how to make meaningful connections with all types of people. Most importantly, I learned that all humans are interconnected and we are more alike than different. Instead of reading about history, countries, foods, wildlife, people, cultures, religions and art in textbooks, I got to see, taste, touch, and interact with these experiences in my real life. I had an unbelievable childhood and I would not change it for anything.

Because of my own unique childhood journey, I developed into a lifelong learner who is always curious, open-minded and motivated to tackle new challenges. I am passionate about education and counselling. I absolutely love schools. As an undergraduate, I majored in Health Promotion & Education at the University of Utah. I then went on to pursue an Early Childhood Teaching Degree from Westminster College. After graduation, I taught internationally for nine years. Inspired by my own students, I returned to the University of Utah to receive my Masters of Social Work (Mental Health Focus). While I was engaged in my MSW Program, I also decided to become a certified yoga

instructor. Yoga, mindfulness, and meditation has transformed my life by opening my eyes to intention, consciousness, presence, and the power of breath work. In my free time, I enjoy volunteering and advocating wherever I can make a positive impact. My other passions include arts, Kung Fu, running, hiking, reading, writing, nutrition, cooking, and spending time with my family and friends.

I am looking forward to sharing and learning from all of you!