

Sophie Le Cornu

Mental health is something I am passionate about. I work with children and young people, and I am a huge advocate of promoting healthy well-being and hearing children's voices and showing them it's okay to not be okay.

I undertook the Level 2 Counselling course at Highlands College because I wanted to upskill and learn new skills to be a better Mum, friend, and colleague.

I have always had an aspiration to become a qualified counsellor in a Primary School that I am so lucky to be part of. I have witnessed first-hand the power of creating a safe and non-judgemental space for children and the colleagues I work with. Feeling seen, heard, and cared for are the skills I practiced a great deal on my counselling course.

My tutor on my course inspired me to try new skills and to not be afraid to make mistakes when practicing helping work. I have stepped outside my comfort zone and shined a light on me. I have looked deep inside my heart and soul and taken the time to evaluate the person I am.

I would highly recommend Highlands College as a place to explore yourself and see where it leads to. I have been inspired by my tutor and the others I shared this journey with to go onto the Level 4.

I have discovered confidence and self-belief. I loved my 'Wednesday evenings' and I have this course to thank for giving me the time each week to allow me to feel safe to show the real me. I loved hearing other people's opinions as well as sharing my experiences with likeminded people.

The course will give you the space to be you. The more you put in, the more you will get out. I am proud of the growth I have achieved, and my portfolio is something I am proud of.

[Level 2 Certificate in Counselling](#)