

REFLECTION AS A PEER REPRESENTATIVE AT OTR



WHAT DID I DO AS A PEER REPRESENTATIVE

- ***ATTENDED AND HELPED WITH MONDAY HUBS***
- ***RAN MONDAYS SOCIAL MEDIA***
- ***CHATTING WITH YOUNG PEOPLE, SIGNPOSTING AND PROMOTING SELF-CARE***
- ***RESPONDED TO PROFESSIONAL EMAILS AND PHONES ON THE ENQUIRY LINE***
- ***ATTENDED AND HELPED WITH COMMUNITY POP-UPS***
- ***DID ASSEMBLIES AT SCHOOL***



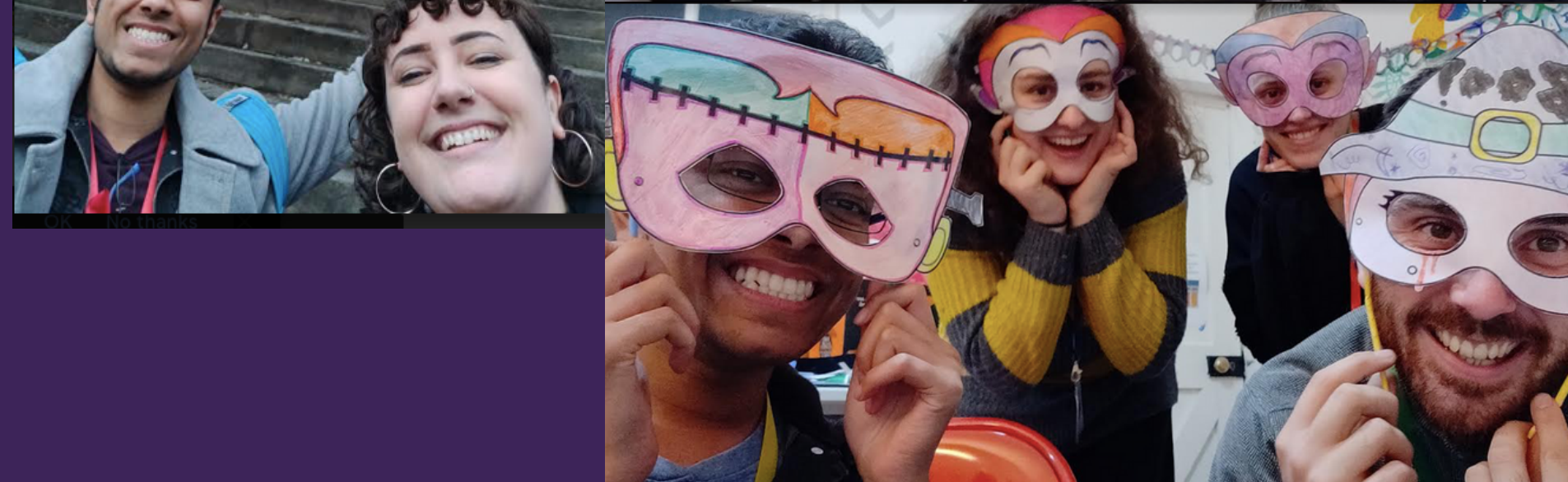
WHAT HAVE I LEARNT

- **EXPERIENCE OF WORKING IN A PROFESSIONAL ENVIRONMENT**
- **SETTING PERSONAL BOUNDARIES BETWEEN ME AND YOUNG PEOPLE**
- **EMOTIONAL AWARENESS**
- **ANSWERING EMAILS AND PHONE CALLS IN A PROFESSIONAL WAY**
- **SOLUTION FOCUSED APPROACH AND ACTIVE LISTENING SKILLS AND HOW TO USE THESE WHEN COMMUNICATING WITH PARENTS AND YOUNG PEOPLE**
- **TIME MANAGEMENT SKILLS**



WHAT HAVE BEEN MY HIGHLIGHTS

- ***GETTING TO KNOW THE TEAM WITHIN OTR***
- ***HELPING THE TEAM OUT, SUCH POP UPS, INTERVIEWS, CO-FACILITATE GROUPS***
- ***PROFESSIONAL GROWTH AND AWARENESS OF MY EMOTIONS AND HOW IT PLAYS A FACTOR***
- ***CREATING A SELF-ESTEEM RESOURCE AND LEAVING A LAGACY BEHIND***
- ***WORKING WITH THE OTHER PEER REP***

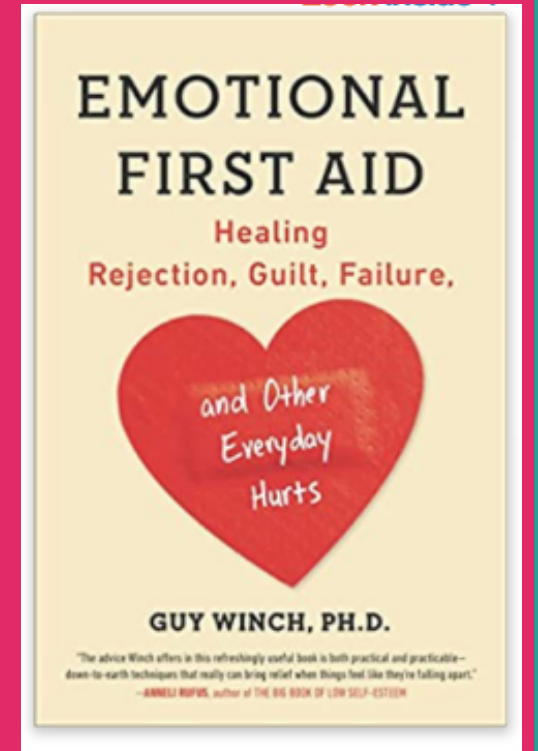


MY FOCUS AREA/SPECIALIST AREA

- ***FINDING NEW WAYS TO ENGAGE YOUNG PEOPLE IN CONVERSATIONS AROUND SELF-ESTEEM***



MY INSPIRATION CAME FROM THIS BOOK BY A PSYCHO THERPAIST NAMED GUY WINCH. I GOT INSPIRED BY SOME OF HIS IDEAS AND WANTED TO IMPLMENT THEM IN OTR IS SOME SHAPE OR FORM



WHICH LEAD ME TO CREATE A NEW ZINE (SELF HELP BOOKLET) WHICH FOCUSSES ON SELF-ESTEEM AND SOME ACTIVITIES TO HELP BUILD A FOUNDATION



WHAT I WANT PROFESSIONALS TO KNOW

- ***FEEDBACK OF THE SELF-ESTEEM ZINE –
MAIN THEME WAS MAKING SURE THE
ZINE WAS EASY TO READ FOR YOUNG
PEOPLE***
- ***SELF-ESTEEM EFFECTS ALL ASPECTS OF A
PERSON, THIS INCLUDES THEIR SELF
WORTH, MANY FORGET ABOUT THEIR
PAST ACHIEVEMENTS AND THEIR
STRENGTHS***
- ***SOCIAL MEDIA PLAYS A BIG IMPACT ON
SELF-ESTEEM FOR YOUNG PEOPLE***

