

# Her Stories ...

## Jodi Fitzwater

Jodi was the 2016 recipient of the Second-Chance Education Award sponsored by Waikato Graduate Women Education Trust. Jodi has now completed her Diploma of Professional Counselling at Quantum Education. The award helped Jodi with her living costs while studying. She is now working as a Counsellor at the Merivale Community Centre in Tauranga offering free sessions to gain the hours needed to obtain provisional membership with the NZAC. Having also just finished her Certificate in Personal Training with the NZIHF, Jodi is well positioned to fill her ambition of working with people to improve their health in both mind and body.

Jodi shares her story on why she choose a career in counselling and how the award helped her.

*"I decided to become a counsellor when I realized how much counselling had a positive impact on my own life, I know what it feels like to have very little support. I lost my dad, who was my rock, at a very young age when my daughter was first born. This really impacted my life in a challenging way as I felt I no longer had that unconditional support there when I needed it. Having access to counselling, knowing I could see someone when I needed to, really helped me get through. Even now, knowing I can always seek out that support is great help to me on my own journey.*

*My father lost his battle with depression and died by suicide which has led me on my path to help do my part in suicide prevention. I want to give back and help others who need a little support too.*

*Being offered this grant was a huge help to me to be able to get into a house with my daughter. The financial support meant less money worries and more energy I could put into being a mum and succeeding as a student.*

*I would just like to once again thank the New Horizons for Women Trust for blessing me with this Award to help me to continue my journey of helping others through Counselling."*

