



## Jenny's Inspire Story

Jenny is 14 years old and was referred to counselling through her school for low mood and struggling to socialise with others in her year group. At initial assessment she spoke of wanting to gain confidence when speaking to others her age and when answering questions in lessons.

Jenny's sessions started in March 2024. In the first session she was reluctant to talk as she was unsure what to speak about, throughout the next couple of sessions she and her counsellor worked on building a rapport and with time she began to open up. Some of the things she spoke about were her fear of judgement from others and how this fear has negatively impacted her social life.

Jenny showed commitment to working through this fear with her counsellor during the following sessions. Together they looked at unpicking her fear and the origin of this. She was able to identify that certain elements of her upbringing had contributed to this fear. By the sixth session Jenny felt more confident within herself and had formed a new friendship in school which resulted in growing confidence within lessons.

Jenny's sessions ended in June 2024. She is very much looking forward to a summer out with her friend and has taken an interest in the Inspire summer activities. When asked how she found the counselling Jenny said: "I have found counselling very helpful as I can tell that the way I speak to people and friends around me has changed so that I am able to talk about myself more."