Transcript - GO North Coast region Video 1

Probably what I love most is working with the kids so that was one of the reasons I wanted to get into guidance.

I felt that in the classroom as a teacher I had lots to offer the kids but I wanted to get in touch with them, with those kids who needed more support and more help. And I guess that's one of the great things about the job is that I've got the benefit of meeting and working with and supporting those individuals who are having difficulty.

People think that the guidance role is just about, you know, students in an office and paperwork I guess a lot of the time. But for me it's about supporting the well-being of our school community so that will be working with kids and building up their wellbeing, working with parents, liaising with some of our community agencies who can offer parental support and support for the students and also working with the therapists et cetera speech language pathologists our learning support teachers to support the needs of kids.

So it's many and varied people that you get to meet and you certainly learn a lot about a lot of different areas as well.

One of the things that I love to do is actually support across our school community so it's not only parents and students but it's also our staff.

We know that they're at the coal face in the classrooms working with our students and it's important for them to look after their mental health and wellbeing so that they can support

others.

And one of the best things for me is when a child might be presenting with anxiety and we work through some of these wonderful well-being strategies of mindfulness and some of the, you know, just calming strategies that we have available to us that kids can actually take those strategies and walk away with them.

I know my job is done when that child can use those strategies themselves and they don't need me to be guiding them and holding their hands. So for me, I guess, it's sometimes a bit sad that you don't get to see those kids as often. But they're the kids that have taken what you've shared with them and taught them and they're able to implement that themselves and independently which is what we want for our kids.