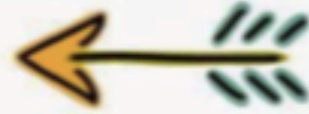


ALL ABOUT ME

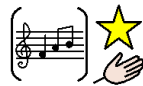


NAME:

Kate Grace



Who Am I and what do I do?



I am a Music Therapist.

In music therapy we use music to help with communication, expression and to build confidence. Music therapy can help someone explore their strengths and needs in a safe and creative environment using a mixture of structured and non-structured, creative and expressive interactive activities, helping to support in all areas of development. Our sessions may include using instruments in improvisation, singing, music making, listening, talking, play, story work and work with images.

What am I good at?

I am good at listening.

I am good at creative thinking.

I am good at music making!

What do I find difficult?

I often need to write things down to remember them.

I feel nervous when speaking in public.

If I am having a difficult day it helps me to go for a walk in nature with my dog, Flo.

What helps me on a difficult day?