



## **The Founders Story**

After leaving school at 16 I fell into insurance broking, probably because I did well at economics at 'o' level. Starting at the very bottom I managed to become a director at a sizeable brokerage after a few years and then set up my own business in 1997. Things were going very well financially but I didn't feel satisfied in my work, something was missing.

Fast forward to 2002, to what could definitely be described as an annus horribilis! My very good friend died in his sleep at the tender age of 43, my father died of a heart attack at 63 and my youngest son was diagnosed with autism. Not surprisingly, this sent me into an utter spin. I was looking for answers. I found some solace in the teachings of Buddhism and went to meditation classes at the local college. At the first class I overheard a couple of people saying this might help them with their counselling studies. I had found counselling extremely useful earlier in my life when my parents split up. I was inspired to find the course they were on. Level 2 was fascinating and drew me in. The 13 year journey to a professional doctorate in counselling from the University of Manchester had commenced and the insurance firm was sold. On reflection, I have been working on what happened in 2002 ever since. I want to help people suffering in stressful situations and my masters degree researched how fathers cope when their child is diagnosed with autism.