

# Heather M. Dakin

## Seeing Potential Differently: Lessons from a Life Without Sight

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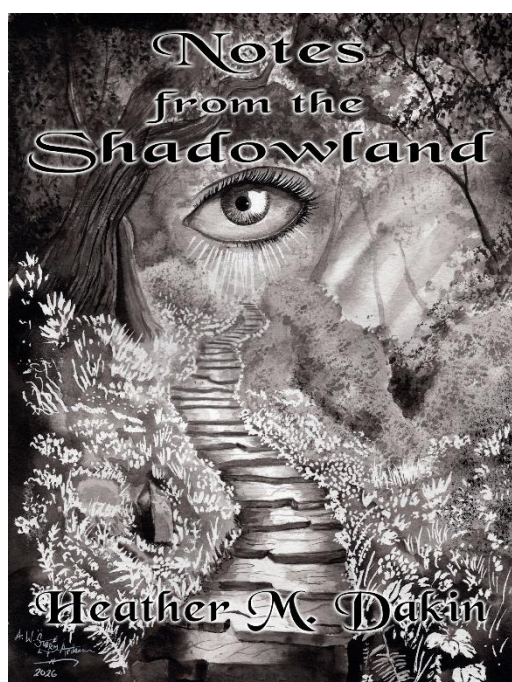


Heather M. Dakin has been severely sight impaired (blind) since birth and she continues to utilise her unique experience and insights to educate businesses, employees and members of the public about blindness and visual impairments. From 2019 to 2023, she provided staff development training through Second Sight Training and Consultancy and was also the author of the [Living the Dream](#) blog from 2014 to 2017. She received her Masters degree in Creative Writing from Newcastle University in the United Kingdom in 2010 and her Bachelors degree in English from Wilson College in the United States in 2007.

Her latest book, *Notes from the Shadowland* was released on 03 May 2026 and is available in paperback and Kindle.

Heather currently lives in England with her husband, is an avid reader, and she also enjoys tarot cards, performing readings for family and friends.

### NEW RELEASE – *Notes from the Shadowland*



*Venturing into the shadowland...*

The second instalment by author Heather M. Dakin, *Notes from the Shadowland* is a multi-faceted book. Carrying on from her previous work, the first section follows Heather as she navigates the further loss of her vision in 2022. Next, Heather delves into a variety of topics related to blindness and visual impairment, exploring what it means to be 'independent', common stigmas, the concept of sensory disconnection and much more. Lastly, Heather offers further guidance for employers to support organisations in not only hiring, but retaining blind/visually impaired staff.

*Notes from the Shadowland* encourages introspection and self-reflection. By stressing the importance of bringing deeply held inaccuracies and misinformation to the forefront, Heather showcases how challenging and crucially, changing outdated perspectives can truly improve life for those living with sight loss.

Heather M. Dakin – [www.heathermdakin.co.uk](http://www.heathermdakin.co.uk)

## Full Author Bio

Heather M. Dakin has been severely sight impaired (blind) since birth, but that hasn't stopped her from living a full life. Her books provide a unique look into a world few ever get to see, chronicling her journey with sight loss as well as highlighting the often hidden challenges blind and visually impaired individuals face.

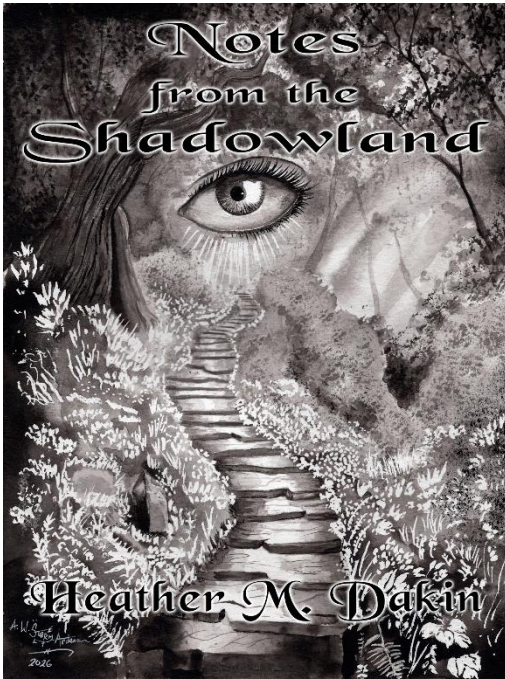
Born in the famed city of New Orleans in the United States, Heather has carried the essence and energy of that place with her, infusing it into all of her endeavours. She grew up in southern Pennsylvania, where she discovered in her early teens that she was quite different from her sighted peers and would thus need to forge her own path. First becoming a white cane, and then a guide dog, traveller, Heather accepted a place at Wilson College and completed her Bachelors Degree in English in 2007 before moving to Maryland to work, all the while accompanied by her loyal, fun-loving Seeing Eye® dog, Rafe. In 2008, Heather was accepted at Newcastle University in the United Kingdom, where she completed her Masters in Creative Writing in 2010.

***Heather's work aims to highlight misconceptions and inaccuracies to allow for introspection and reconsideration. This second look offers opportunities for change and growth.***

Heather's goal has always been to help improve access for those living with sight loss and to empower individuals to live the best lives they can. From her first major public speaking engagement in 2005, she has continued to educate and raise awareness of the many challenges those living with sight loss face, with a particular focus on businesses. From 2019 to 2023, Heather created and facilitated staff development courses through *Second sight Training and Consultancy*, offering a unique immersive experience, and it was from this new vantage point that participants were able to reexamine current practices within their organisations to see where improvements could be made. Many businesses are simply missing out on a pool of capable, talented individuals due to outdated practices, procedures and modes of thinking, and Heather's work aims to highlight misconceptions and inaccuracies to allow for introspection and reconsideration. This second look offers opportunities for change and growth.

Heather currently lives in England with her husband. Not only is she an avid reader, but she also enjoys tarot cards, performing readings for family and friends.

## Books



### Notes from the Shadowland

**ISBN (paperback):** 979-8253210895

**ASIN (Kindle):** B0GTKTVPD3

**Genre:** Non-Fiction, , Living with Disabilities

**Pages:**156

**Price:** £9.99 (paperback), £7.50 (Kindle)

**Publisher:** Amazon KDP

**Publication Date:** 03 May 2026

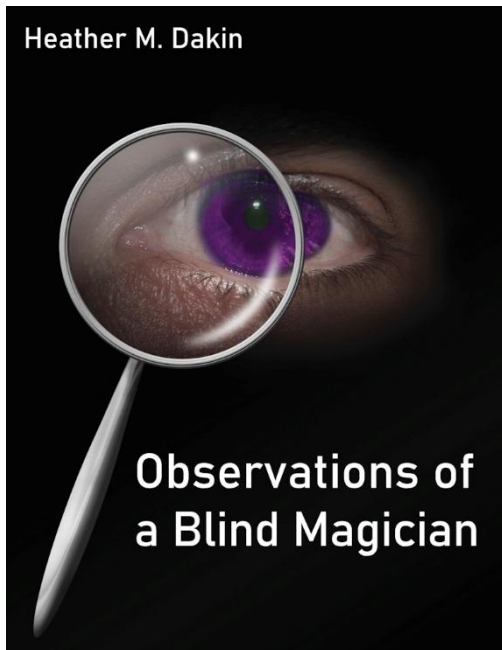
The second instalment by author Heather M. Dakin, *Notes from the Shadowland* is a multi-faceted book. The first part follows on from *Observations of a Blind Magician*, chronicling the physical, mental and emotional challenges Heather faced during the COVID-19 pandemic when she lost much of her

remaining vision.

The second part provides an in-depth look at various aspects related to blindness and visual impairment. Delving into topics such as what it means to be 'independent', common stigmas and the concept of sensory disconnection, to examining the white cane debate, the idea of being inspirational and the hidden agendas of charitable organisations, Heather offers further insight into a world which is often misunderstood.

Finally, Heather offers further guidance and support for employers. Drawing upon her experience as a blind/visually impaired employee, as well as her work as a staff development trainer, Heather assists organisations in hiring, but also retaining blind/visually impaired staff. The section provides a starting point for employers, walking them through each step of the hiring/retention process to see where improvements could be made.

*Notes from the Shadowland* encourages introspection and self-reflection. By stressing the importance of bringing deeply held inaccuracies and misinformation to the forefront, Heather showcases how challenging and crucially, changing outdated perspectives can truly improve life for those living with sight loss.



## Observations of a Blind Magician

**ASIN (Kindle) :** B0897MWYWJ

**Genre:** Non-Fiction, , Living with Disabilities

**Price:** £2.26 (Kindle), £6.65 (Audible)

**Publisher:** Amazon KDP

**Publication Date:** 26 May 2020

Looking beyond the white cane...

Heather M. Dakin has been legally blind since birth, but that hasn't stopped her from making the most of life. *Observations of a Blind Magician* chronicles Heather's journey – from becoming a white cane user and later a guide dog traveller, to her move from the United States to the United Kingdom in

2009. From the famed city of New Orleans, through rural Pennsylvania and Maryland, and finally, to England, she highlights the challenges blind and visually impaired individuals face in various arenas of life with a touch of good-natured humour.

Her story offers a new perspective on a world that few individuals ever get to see. So come, take a peek behind the curtain and discover how you, too, could make a truly magical contribution to those living with sight loss.

## Suggested Interview Questions

### 1. "What is the biggest misconception sighted people have about the capabilities of the blind or visually impaired?"

*The biggest misconception is that those living with blindness or a visual impairment are not capable at all, when in reality, their capabilities are often overlooked or dismissed, particularly by employers.*

### 2. What is the one thing you hope readers will take away from your books?

*My books focus on individuality and Championing that. I hope, if nothing else, readers stop grouping all blind or visually impaired individuals together.*

### 3. We often hear the word 'accessible'—but what does a truly inclusive world look like to you?

*For me, a truly inclusive world would be one where individuals are assessed on their individual merits, not their disability, and support is provided on a case-by-case basis.*

**4. Many people think blindness is binary—total darkness or perfect sight. How does your book explain the 'grey area'?**

*Well, I've been a living, breathing, functioning 'grey area' all my life, and I hope my books help to illustrate that by allowing readers a glimpse into my world and my journey so far.*

**5. For a sighted person who wants to be a better ally, what are three simple etiquette tips they need to be aware of?**

*The most important tips I'd give to anyone would be don't assume, ask and to listen when offering support.*

**6. How has the digital revolution and AI changed the landscape for those who are blind or visually impaired? Has it made things easier or harder?**

*The speed with which technologies have been introduced have made things both easier and harder, depending on the task. AI is a tool, but it's not a replacement for learning essential skills.*

**7. Was there a specific moment for you that made you realize this book needed to exist in the world?**

*There wasn't a specific moment per se, as the concepts I expand upon in my books came out of the many interactions and the variety of people I've encountered throughout my life.*

**8. In your experience, what is the most common emotional hurdle people face when losing their sight, and how can they move toward empowerment?**

*For me, the biggest emotional hurdle I faced was simply not feeling like me any more, when the only thing that had changed was my vision.*

**9. If a reader living with sight loss picks up this book, what is the one truth you want them to feel deep in their bones by the final page?**

*If someone living with sight loss reads my books, I would hope that they would feel seen in some way. That doesn't mean the path I chose for my life is for them, but I hope it empowers them to find their own way forward and to build a life which works for them.*

**10. You speak about inspiration in the book. Why is it actually harmful to call disabled people 'inspirational' just for living their lives?**

*I used to bulk at being called 'inspirational' or 'brave' and I understand the raft of negative emotions such notions can bring up for others within the blind community. However, in my book, I looked at this from a different, more empathetic perspective.*