



Lynne Jones
— Therapeutic Mentoring —

A Personal Journey of Growth and Resilience

For as long as I can remember, I felt like something wasn't quite right. My relationship with my mother had always been strained, though I couldn't fully grasp how deeply it affected me. Throughout my adult life, I struggled with relationships. Anxiety would come and go, but people-pleasing was a constant. I became an expert at staying in my 'safe zone,' avoiding conflict at all costs.

At work, this meant I kept a low profile, reluctant to speak up in meetings or advocate for myself. In my personal life, it meant maintaining relationships at the expense of my own well-being. I had tried to address my struggles before - counselling through an employee assistance program had helped for a time—but six sessions barely scratched the surface. I still felt stuck.

When my workplace introduced the Mastering Your Stress Bucket Programme with Lynne Jones - Therapeutic Wellbeing Consultant, I was intrigued. The idea of having personal support alongside stress management training was exciting, yet daunting. I didn't know what to expect and worried about opening up in front of colleagues. Would my deeply embedded stresses surface? Would I get things 'wrong' in the group setting?

Despite my fears, I attended the training. One exercise in particular—identifying personal triggers—stood out. As others shared their triggers, I instinctively tried to work out how to avoid upsetting them, a classic people-pleasing reaction. But for the first time, I also started questioning why I responded this way. Why was I always prioritising others' comfort over my own?

The 1:1 sessions were where the real change began. From the moment I met Lynne, I felt understood. There was no need to pretend, no fear of judgment—just a space where I could finally be honest. I would describe it as “a sense of coming in out of the storm.”

After just two sessions, everything started to shift, I was then lucky to talk more with Lynne as my workplace added extra sessions. I started realising I was worth making an effort for. I didn't have to tolerate poor treatment just to maintain relationships. I didn't have to say yes, all the time for fear of judgment. It was ok to say 'no' or question something. I began to notice how detrimental my negative self-talk was to me and how the constant voice telling me I wasn't good enough wasn't true.

One of the most profound changes was in my ability to take proper time off work. Previously, I would push through, terrified of what people might think if I took the time I truly needed, even when advised by the Dr. Now, I feel more confident in prioritising my well-being. For the first time, I don't feel like I'm just surviving, running on fear and anxiety. I am actually actively investing in myself and my future.

This journey has been about so much more than a course. The programme gave me tools that are reshaping every part of my life. The fog has lifted, and I see possibilities I never thought were for me. I'm setting boundaries in my personal life, knowing they will positively impact my professional world too. I know the chaos in my head when I was at work was created by how I was thinking and worrying about not being good enough. I'm acknowledging myself as a priority now - something I never dared to do before.

I've also chosen to seek an ADHD assessment, recognising that understanding myself better will only help me continue growing. Whether my challenges stem from childhood trauma, a medical condition, or simply life's complexities, I am committed to learning and adapting.

I now understand that I am not responsible for everyone else's happiness. I don't have to break myself to be liked. I am lovable as I am.

My relationships - with myself and others - are improving. The chaos in my mind has quieted. I feel lighter, more optimistic, and more energetic. I am finally stepping into the life I deserve.

To sum everything up

-Working with Lynne has transformed my life. For the best part of 40 years, I lived with unhealed and far-reaching childhood trauma caused by a narcissistic mother. I was unaware that its effects were causing compounded problems in both my work and home lives, and I suffered burnout as a result. Lynne's gentle, and highly effective techniques helped me to understand the causes, and showed me a path to a happier, and more mentally healthy life. By investing time in doing this, I am reclaiming my adult self, ready for my exciting chapters ahead. Thank you, Lynne, for setting me free.-