

# CONVERSATION & AFTERNOON TEA WITH SAMINA AZAM

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## AFTERNOON TEA

Those of you who know me, will know one of my favourite past times is enjoying afternoon tea.

The artistry, tradition, venue and food but most of all the company. This is my virtual version of having a catch up with a friend over tea & cake.

Enjoy my conversation with

Sonia Davies  
Designated Safeguarding  
Lead  
Counsellor  
Reiki Master



## WELCOME TO OUR SIXTH EDITION FEATURING - SONIA DAVIES

### Hi Sonia, how are you doing and what are you up to at the moment?

I feel very honoured to be invited to your conversation and afternoon tea as I have very much missed the 'real ones!' I have been shielding since March 2020 and only managed to return to work for a few weeks in September and have been working from home again ever since. I have been very fortunate to be able to work from home throughout the whole pandemic supporting families, children and staff in a way that I would never have imagined.

As a counsellor my whole way of life is about face to face communication, reading body language and walking people's journeys alongside them. Now it is about a voice on the other end of the phone/screen. A lifeline



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INSPIRED BY PASSION

### cont'd

and a source of information for individuals and families to survive each day. Lost lives, lost jobs and lost identities and for some a daily struggle to feed their families. We need to remember that we are all doing the best that we can with the knowledge we have and our best is good enough...

On a personal note considering I come from such a large family, 4 adult children and 10 wonderful grandchildren, it has been a very difficult time but also quite reflective. When you spend so much time alone you simply cannot help but look within. Hopefully with the vaccine roll out our world will heal and life will improve for us all. Each and every one of us has been affected in some way. So...In a world where you can be anything...Be kind!

### Who are you watching/listening to?

I love dramas and crime but also love to walk and listen to audio books. I've also just finished watching The Serpent.

### What's your favourite tool/app?

Working from home it has been a bit of a device overload but I could not do without my Audible App as that is my escapism from the world. I'm an avid user of Udemy to quench my lifelong learning addiction and video calls via Messenger has been my lifeline to my family.

### Are you reading anything?

I'm currently listening to a book called Truly Madly Guilty by Liane Moriarty and to feed my spiritual mind I am re-listening to Soul Shifts by Dr Barbara De Angelis.

Someday we will look back on this moment and it will forever remind us to never take the little things for granted. It will remind us to hug with all our hearts, to pause to appreciate holding someone's hand & to live in the moments that we are surrounded by others.

~Laura Jones



### WHAT'S YOUR BEST LOVED CAKE, TEA, COFFEE OR VENUE?

My guilty pleasure is a latte with a slice of coffee and walnut cake. My perfect setting has to be The Boat House at Boulders Lock after a walk on the island...

[boathouseboulderslock.co.uk](http://boathouseboulderslock.co.uk)

**Sonia** thank you. It's an honour to have you share this space. You are my guidance, my compass, my mentor and my soul sister - I am hugely privileged. We love similar learnings, books and TV shows. Our conversations are intense and nurture the soul ..... for sure.

#TeaWithSamina

[www.oculuscreativelearning.com](http://www.oculuscreativelearning.com)



O C U L U S  
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I N S P I R E D B Y P A S S I O N



## A vision/goal your going to make happen this year?

My goal this year is to rethink my work life balance and plan for some future travel. Of course I have already started to plan a reunion for my family when it is safe to be together as we have a lock down baby who needs to meet her many cousins.

## Rich sources of knowledge:

[www.pookyknightsmith.com](http://www.pookyknightsmith.com)

**Mental Health**

[daisysdream.org.uk](http://daisysdream.org.uk)

**Affected by life threatening illness or bereavement**

[parentingspecialchildren.co.uk](http://parentingspecialchildren.co.uk)

**Children and young people with special needs**

[www.educationsupport.org.uk](http://www.educationsupport.org.uk)

**Education Support**

## WORDS OF WISDOM

### SONIA IF YOU WERE WRITING A LETTER TO YOUR YOUNGER SELF WHAT WOULD YOU SAY?

This is a hard task because even though I've endured many things in my life that I wish had never happened. I would not be the person I am today if they had not! Firstly, I think I would say, stop and smell the roses, because life passes us by so quickly. Always seek awe and wonder in all that you do. Always make time for your family and when you truly feel something say it in the moment as we may never get the chance again...Take time to savour the good times and don't forget to make memories with the people you love! Travel when you can to the places that intrigue and enthuse you and don't forget to love yourself because at the end of the day every relationship you enter into can only be as deep as you love yourself. Lose yourself in nature be it woodland, beach, countryside as it teaches you to breath and find your natural rhythm. Don't mould yourself to be what others want you to be as you won't find happiness there! Dance as if no one is watching and be your true and unique self and see who turns up! Never stop learning...



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