

Dear Board of Advisors, dear GMA,

From the moment that I heard about the new position of confidant for SIB-Utrecht, I immediately saw myself doing this. In this letter I would like to let you know about my enthusiasm, but also my experiences that make me a suitable pick for this position.

Since I can remember, mental health is something that has interested me. Because of the profession of my parents, the importance of mental health was something I learned from a young age. For me, the choice of studying psychology was very logical. My ambition is to become a healthcare psychologist and help people to learn the right tools to work on becoming the best functioning version of themselves.

At the AllesOké? Supportlijn I learned a lot of conversational skills. At this support line I talk to young adults between 18 and 25 years of age, via chat or a phone call. This volunteer work made me realise how everyone deserves to have someone that listens to them, regardless of how you feel or what your situation is. The skill of listening is something that is very useful and important as a confidant of SIB-Utrecht. Besides listening and conversational skills, I also learned how to deal with confidential information, which is also very important as a confidant. In my opinion, a confidant is someone who is attentive, a good listener and who can help the other to look for the right steps to take. In this process, the confidant is responsible for creating a comfortable atmosphere and confidentiality. This is a way of having conversations that I am experienced in and that I would love to keep doing in the position of confidant of SIB.

When it comes to SIB-Utrecht, I have been active since I became a member of the association. I have always been in committees and you can see me at drinks and activities quite regularly. Because of that, I know the association and the members and they mostly know who I am. I hope this makes me approachable for people that need someone that listens to them. Furthermore, I am someone that is empathetic by nature. It makes me glad when I see people feeling well and I like to make an effort to make others feel comfortable. Experiences with conversational skills give me the ability to actually do that.

With this letter, I hope to have given an impression of my enthusiasm for the position of confidant of SIB-Utrecht. If you have any questions, please feel free to ask them!

Kind regards,

Mijke Dhondt