

# The RESILIENCE Campaign



## Anna

The first few months of the pandemic were a major shock to everyone. Everyone was dealing with the shock differently. As a single mother left with running the entire household, worrying about the financial situation and homeschooling my children, I found the new reality challenging, but in any situation there are opportunities. As universities had to adjust to the new reality and practically all courses were taken online I decided to take my chance and enrolled into a 3 semester degree course in September 2020 (Honours Bachelor in Management in Business in MTU) adding another one (Level 8 Certificate in Digital Marketing also in MTU). I am self-employed as a photographer and since the pandemic and lockdowns limited my work opportunities I used that time to take part in many business courses including multiple Local Enterprise Office courses (Video Marketing, Instagram Advertising etc.), the 8-week Women's Rural Entrepreneurship Network aka WREN programme (delivered by Ballyhoura Development), Stress Management course and NLP course.

I firmly believes in a balance between mental and physical activity I also took on an apprenticeship in the Bike Circus (community run bicycle workshop in Clonakilty) and after completing over 100 hours of work I finally graduated as a bicycle mechanic. I am still an active volunteer in the workshop and currently I am also a member of the Board of Trustees in the Bike Circus.

I can proudly say that in January 2022 I got awarded an Honours Bachelor Degree in Management in Business with the Second Class Honours Grade 1 result, took a role in a committee in Network Ireland West Cork responsible for social media, grew my photography business and had an honour to start working with many renowned businesses and organisations in Ireland.

The last two years taught me that every situation brings new opportunities. I am coming out from that time stronger with a high self-awareness and resilience. We grew closer as a family with my children and started appreciating each other even more. I can say with certainty that I grew as a person, as a mother and as a woman and I am looking forward to see what the future holds for me.