

everyday thing living in our world today. As members of the helping profession we care so much about the well being of others. As soon to be counselors we all bring unique experiences from our world into the world of counseling. Some of us may be parents, working full time, taking care of other family members or friends, dealing with concerns of our own, struggling financially and much more. All of these aspects of our lives impact how we show up as students, counselors, friends, family members and parents.

Authenticity is the quality of being real or true. Incorporating authenticity in our everyday lives allows us to live up to our true potential and shows others that they can do the same. In thinking about how hard the work we do is, it is even harder when we do not show up as our authentic selves. Embrace who you are, what you stand for and what you are passionate about. Clients know when we aren't being true and present as ourselves. We learn a lot about ourselves during our time in our graduate program. These may be new things about yourself you didn't know or things you didn't



# Chi Sigma Iota Monthly Newsletter

## Upcoming CSI Meetings & Community Events

Date	Event/Meeting	Description



## Chi Sigma Iota Monthly Newsletter

Mirabel- Clients may relate to Mirabel as she often feels invisible to her family and community. She sees the problems and speaks out about them but feels shut down and unheard. She seeks acknowledgement from her family and is ultimately the glue that holds them together.

Isabela- The perfectionist who feels she is not allowed to fail. She feels she must always do whatever her family requires of her, even marrying someone she does not love. She feels limited by her gift and desires to have the freedom to express how she feels and thinks, even if it goes against her family's wishes.

Luisa- Clients may relate to the crushing weight of responsibility that Luisa feels throughout the film. She