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I Would Not Be The Woman I Am Today

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I Would Not Be The Woman I Am Today

Abstract

In lieu of an abstract, below is the essay's first paragraph.

"My name is Brianne Ferranti. I graduated from St. John Fisher College in May of 2013 with a B.A. in Psychology and a minor in Religious Studies. As an enthusiastic student eager to learn, I enjoyed every minute of my time spent on campus. Whether I was in class, the library, the dining hall or a teacher's office, every minute had something valuable to offer. Knowledge, wisdom, and a variety of personal and professional skills, are among the valuables I acquired during my time at Fisher. It was always my goal to better myself mentally and spiritually through my education, then take that out into the world and help others do the same."



Brianna Ferranti (2013)

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My name is Brianna Ferranti. I graduated from St. John Fisher College in May of 2013 with a B.A. in Psychology and a minor in Religious Studies. As an enthusiastic student eager to learn, I enjoyed every minute of my time spent on campus. Whether I was in class, the library, the dining hall or a teacher's office, every minute had something valuable to offer. Knowledge, wisdom, and a variety of personal and professional skills, are among the valuables I acquired during my time at Fisher. It was always my goal to better myself mentally and spiritually through my education, then take that out into the world and help others do the same. Like many, as I grew and changed through my time at Fisher, so did my life plans. Originally, my goal was to get my master's in mental health counseling after the completion of my undergrad. As I pursued my study of the mind and human behavior, it prompted me to look even deeper into myself. By my senior year I decided that I did not want to become a mental health counselor but a life coach!

Upon graduating I worked closely with a well-established and effective life coach. I learned the basics and techniques of a unique style of life coaching and applied them to myself. This helped put me in a happier, healthier and more aligned position in which to successfully help others do the same. After three years, my time of working with my life coach had come to a completion. As no surprise, I experienced even further evolution within myself due to the spiritual and logistical work I completed at that time. Therefore, so did my career plan, yet again! I once thought I would become a life coach and see clients one on one but through my work I learned that my real goals are to reach, teach and coach on a much grander scale.

My goal going forward is to reach as many people as I can with a spiritually profound message about how we all have what it takes to live the life that God has intended for us. To teach people tools they can use in order to grasp their inherent power, share their full potential with the world, and experience true peace and pure bliss. In preparing for these goals, I currently spend a sufficient amount of time engaged in meditation. I meditate in different areas of my home and various places in nature. Also, I attend meditation services held by a

diverse amount of individuals and organizations such as The Assisi Institute. I participate in a variety of spiritual courses/retreats, read insightful literature, and engage in any other activities I feel will be expansive to my mind, body, and spirit.

Since before I began college, I was trained and worked as an esthetician. Currently, I have my own small esthetics business. I greatly enjoy continuing to work with my clients and am thankful that my business has allowed me to support myself while having the flexibility and time to pursue other dreams. Also, I take pride in my time after Fisher College as a caregiver for my now late, great Aunt Mary. There is nothing more rewarding than being able to take care of someone who is genuinely appreciative of your help. Each day I spent with her was a gift. It reinforced my appreciation for the simple joys of life and reminded me that if you have love and gratitude, you have it all. Without her generosity and Spa Nevaeh, I would not have been able to study at Fisher, work with a life coach, or do all the lovely personal growth things I do today.

As I have expressed throughout this article, using the love and wisdom I have gained along the way and sharing it with others is my passion! One way I have been doing that now is by committing myself to a seat on the core committee of a non-profit organization known as Meg's Gift. *Meg's Gift* was created in memory and likeness of my late, best friend Megan Garbach. Megan lost her battle with severe depression in 2014.



Since her passing, close friends and family have created this organization to spread awareness and help support healing in our local community. With so many people giving of their time, talent and treasure, we have gotten our word out via a variety of local media outlets and raised over 120,000 dollars for local organizations such as *St. Joseph's Neighborhood Center* and *The Veterans Outreach Center*. I believe strongly in supporting others in my community and around the world. It has been extremely fulfilling to be a part of raising all this money and awareness that I know will improve the lives of others struggling with mental illness and all that it encompasses.

As a proud Alumna, I am grateful for my experience as a whole at St. John Fisher College. I am grateful for the capability and opportunity to learn and for all those who were a part of it. Without my involvement there, I would not be the woman I am today!