

I wish to thank Ms Josephine Ong who has helped me during the Covid 19 period. If not for her professional help, I would have handled my situation by suffering in silence.

As an Asian woman, talking about sexual harassment seems like a taboo topic. I also never expect it to happen to me. Although I felt very uncomfortable when a male colleague sent inappropriate messages to me regularly, and I also never expect the experience to trigger me so much.

Aunty Jo, whom I fondly call her, was able to listen carefully to my situation, and she provided me some good advice to deal with this problem. She conducted very good coaching sessions with me to tackle this issue. Whenever I was in doubt, and needed someone to talk to, she always listened and responded with empathy. She was also able to use appropriate skills to calm me down and to alleviate my worries. The way she handled my case was truly impressive.

I hope that more women will feel empowered to open up and seek help when being harassed at work. If need be, please do not keep to yourself and ask for help from trusted professional people or organizations whom you can trust.

I am encouraged by Aunty Jo and her passionate and enthusiastic ways. Thank you for your excellent coaching sessions, and keep doing the good work!

Emily
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