



Happy Birthday Whitney

"I appreciate all the people here. I feel more at peace with myself. The more I come here, the better I feel. I know everything is going to be OK." - Whitney Jackson

Whitney Jackson came to Love INC in 2014, seeking job search coaching. After working in fast food for 10 years following high school graduation, she felt it was time for a change. She had just given birth to her second child and did not want to continue with the long hours of an assistant manager. She said, "I was comfortable with fast food industry, but I knew there was something else for me." A *Side by Side* coach helped Whitney find a job as a Certified Transport Assistant at a local hospital and she has found this to be a good fit for her family life.



Soon after starting the new job, Whitney requested budget coaching. She wanted to better understand her financial situation and see where she could cut back on spending. She had never created a written budget and found the process extremely helpful. She said her budget coach was kind but direct and helped her see some spending patterns she could change. He referred her to The Love Seat Furniture Bank where she obtained some gently used furniture instead of purchasing new items. After several budgeting sessions, she felt much more in control of her finances and ready to focus on some other areas of her life.

Whitney was matched with a third *Side by Side* coach at Love INC. Susan Bryne, a life purpose coach, has begun helping her gain new self-insights and set some personal goals. Whitney says Susan has helped her make some positive changes, including having some difficult but much needed conversations with others in her life. One new routine Whitney has developed is daily devotional reading with her children. Having nearly finished the first book Susan gave her, she is already asking for more. Whitney says, "Miss Susan gives great opinions and I love her for that. She is not only good, she is great." Their next step will be career exploration as Whitney hopes to more fully realize her potential.

Whitney loves to sing and, though her sister trio has disbanded, she hopes to find community outlets to share her music. Today, we sang to Whitney as we celebrated her 28th birthday and wished her many happy returns.