



SACRIFICING FUN NOW FOR GREATER REWARDS LATER

By IZA AMADE

Amariah Rigodon is a 23-year-old university graduate, originating from Anse Étoile. Amariah studied at the English River secondary school before achieving her four A-levels at the Independent School A-levels, earning herself a scholarship to study at a prestigious university in England.

'Amariah is a fitness lover who enjoys reading books about business, psychology and self-improvement. "I love traveling and am a professional member of the British Computer Society, currently working as a Senior Analyst Programmer at DICT.' Amariah introduces herself.

She credits studying abroad for her preparedness to tackle the world of work. 'I earned my B.Sc. in Computer Science with Business at Aston University, UK. It gave me a well-rounded education and fostered in me a strong foundation of invaluable skills, but the real growth came from outside the classroom; independence that sprouted from managing life all on my own.'

Living on a different continent, far from my family and loved ones, taught me to juggle deadlines with a social life, cooking, cleaning, budgeting, travel, problem-solving and more. That self-sustenance helped me grow up fast,' she continued.

Amariah then details what university life had taught her. 'I learned to network and build meaningful connections. I had inclusive conversations with insights that shaped my mindset and helped grow my confidence in navigating



corporate spaces. Seeing the workings of global businesses, up close, inspired me to think bigger than what I ever thought was possible. Meeting people that came from nothing but built success made me believe that I could too,' said Amariah.

Living abroad also equipped our rising star with the tools needed to navigate unfamiliar places. 'I had to learn to adapt quickly, think critically and protect myself. These are

essential skills, not only for work but also for adulthood in general. I found new passions, fitness being one of the most prominent one. I trained 4–5 times a week while studying, the time of which varied depending on my workload, and it kept me focused and disciplined,' she recounts.

Amariah was able to prioritise her education while she was studying, and now her career, even when it means missing out on a lot of the enjoyment the rest of her age group is having.

'To be honest, I partied enough when I was at uni. I feel like when you have a clear goal in front of you, making sacrifices to achieve it becomes easier. I did so during my A-level years to score my scholarship and in fitness to reach my health goals. I've seen them pay off, but now that I've graduated and entered the world of work, I want to take things seriously. I'm in a phase where I'd rather invest my time and energy into building my future.'

I'm young, I have the drive and no major responsibilities—like kids yet; it just feels like the right time to work hard, take risks and build something meaningful. I must admit that it gets hard sometimes, but it's also something incredibly rewarding; the sacrifice feels worth it when you know why something matters to you. I don't want to reach 60 and realise that I have no financial prospects; living comfortably, having safety nets and enjoying real freedom by my 40s will be worth missing a few nights out or weekend parties now' finishes Amariah Rigodon with a contented sigh.

