

The Story of an (Almost Too) Sensitive Designer



I'm a graphic design student, I have three jobs, and more emotions than a Spotify playlist. And all of that shapes my work.

Hi, it's me.

On the outside, I seem like a quiet, calm, and sweet little soul. Sometimes, people mistake me for a little girl and ask me for my ID card for a non-alcoholic beer.

When something really pisses me off, people mistake me for a Chihuahua. Small but noisy. And that pisses me off even more.

Terezie Šubrtová

Empathy as a superpower

(not always an advantage)

I'm the kind of person who would take home every lonely kitten, cries during TV shows, and feels sorry for almost everything. I'd probably also adopt every old person who eats lunch alone.

Being sensitive is a big part of who I am – but it's not always easy. Because of that, it's hard for me to say no. And I've paid the price for it more than once. People quickly take advantage when you're too kind and when you don't know how to speak up for yourself.

I can't say no to clients, I don't know how to ask for fair money for my work, and I often say yes to new things, even when I already have too much to do.

I often put others first... and forget about myself. I can't even say no to my mum when she still calls the doctor for me. And yes – she really still does that.

But this soft side of me doesn't make my work worse. I would never finish something just to be done with it. Even when I have many things to do and my head is full, I always give my best. I want to feel proud of what I make.

And maybe this is what helps me in design. I put heart, feeling, and real care into every project. I believe design is not just about how something looks – it's also about understanding people. Good design is not only useful and nice, but also full of emotion. It's human.

Three jobs, three worlds



Gastronomy - love and hell

I grew up in a gastronomy business.

Working with people is hard, but it taught me a lot about attitude, empathy, handling pressure, and that the customer is always right – even when they are not.

It is the hardest job I know. Mentally difficult, full of stress, crying in the bathroom... but I still love it and I think it moves me a lot from a human perspective.

Working with people shaped me more than any school.

Three jobs, three worlds

Graphic from home

I create illustrations based on photos, which are then engraved into plexiglass plates and illuminated with a base. The result is a personal lamp – a light with a story. It is precise, slow work, but extremely fulfilling.

And in the process, you acquire patience, care and a sense of composition.



Three jobs, three worlds

PR agency
and my invisibility

In my third job, I help a company with clients and social media. I enjoy getting to know different brands and worlds. But... the visuals are submitted under the agency's name. The client doesn't even know it was me. And I want to stand up for my work. To be more than just an anonymous hand.

But it's a useful practice and an idea of how communication with clients works and what you have to face.

My graphic designer soul

I love minimalism and every detail – clean, calm, without unnecessary things. **But** at the same time, I am also attracted to contrasting, expressive styles.

Sometimes two aesthetics clash within me – on the one hand, a white, clean interior, and on the other, colorful hippie chaos. And I love both.

In graphics, I enjoy working with contrasts the most, illustrations, and things that are simple but have an idea. I love working with shapes, colors, and rhythm. I am a perfectionist, and ***thanks to my job***, where I convert photos into vectors every day, where every curved pixel matters, I have an eye for detail.



My life in the art world

Picture of me, Klárka and world-famous auctioneer and American Nicholas Lowry which have Czech roots. The photo is from the premiere of the film *Identita*, which is a film about Czech graphic design, where I had the opportunity to be there thanks to Klárka.

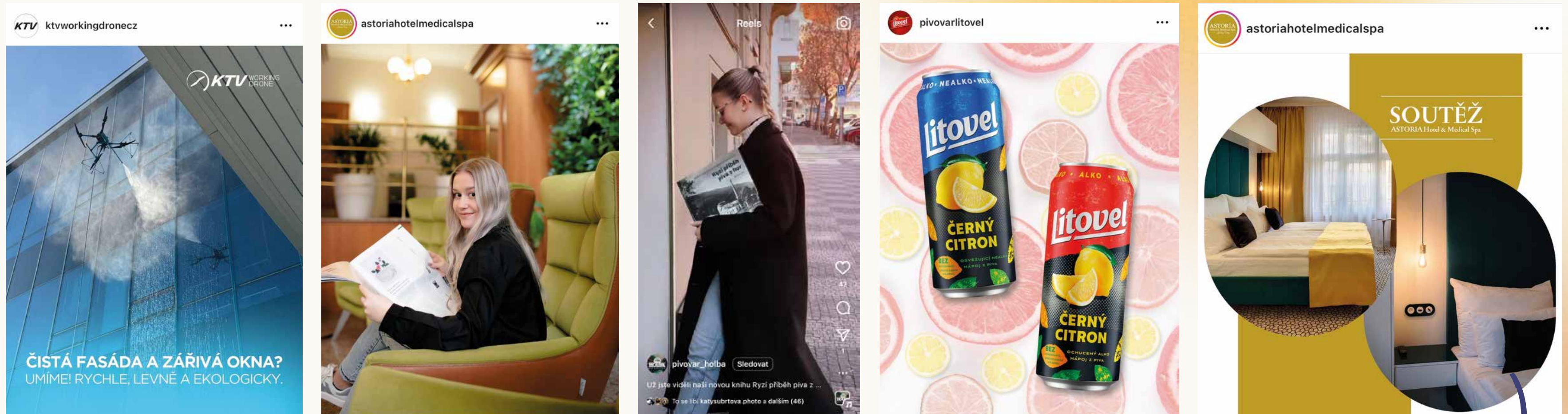


School project, which were on Prague Náplavka. The first project was for Prague coffee shop Letka

This school project was for Czech company Král sýrů, where we designed square packaging for cheese. You could see this project on Prague Náplavka



My life in the art world



There are some examples of my works and the opportunities that came my way thanks to PR agency. So there are video for Czech company beer Holba, photo of me in Astoria hotel in Karlovy Vary, post for Astoria hotel, post for Czech company beer Litovel and post for Czech company with drones.

What I learned

About myself: think first of all about myself and my mental health, be self-confident, learn to say no, be able to give myself an appropriate reward, and stop underestimating myself.

Even a small Chihuahua can have a big voice and that empathy is not a weakness, but a superpower.

About my work: I learned that even though I am a sensitive soul, I can work hard – and with my heart.

That design is not just about beauty, but about empathy, stories and the courage to create something personal.



Thank you for your time!

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