

Nishant Dougall
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13/02/2024

Attn: Christina Molina
Headspace

Dear Christina

I am writing to express my interest in the Internship position advertised on your website. As recent graduate of a tertiary qualification in Community Services with eight years of experience in project management, I believe that my skills and experience align perfectly with the requirements of the role.

I am passionate about social justice and mental health, and I have a unique understanding of the issues and challenges faced by migrants due to cultural, linguistic, and financial barriers when attempting to navigate our mental health service system. My lived experience enables me to rapidly build trust and rapport with a broad range of people from various backgrounds and experiences.

In my previous roles, I have demonstrated my ability to track progress and report against agreed work tasks and milestones. I have effectively collated, analysed, and interpreted data and information from different sources and designed and implemented solutions accordingly. I possess excellent computer skills and am proficient in word processing, spreadsheets, and database applications.

As a Community Support Worker, I have provided emergency aid and advocacy services to individuals in crisis, delivering friendly, non-judgmental, empathetic, and compassionate support while prioritizing client privacy and dignity. I have assessed and evaluated clients' needs and developed appropriate support responses and internal and external referral pathways when appropriate.

I am excited about the opportunity to engage with international students through focus groups and a co-design process. I have significant comparable experience consulting stakeholders and clients for projects in the finance sector. I have experience drafting internal and external communications to create awareness of the resources I've developed as part of the projects I've worked on.

I possess a deep understanding of the project management lifecycle and have developed interpersonal skills with the ability to work with a broad range of people from a variety of backgrounds and experiences. I am confident in my ability to self-motivate and work both independently and collaboratively as a productive team member.

I am passionate and committed to improving the health and wellbeing of my community and would love the opportunity to interview.

Sincerely,

Nishant Dougall