Nadia Begum

Nottingham | nadia.begum@example.com | 07700 900273

16 October 2026

Dr Paul Mensah
Clinical Lead
Sherwood Counselling Service
14 Lenton Road
Nottingham NG7 9ZQ

Dear Dr Mensah

Application for Senior Counsellor

I am applying for the Senior Counsellor post at Sherwood Counselling Service. I am an accredited member of the British Association for Counselling and Psychotherapy and have worked at Trent Valley Talking Therapies since 2022.

I see about 22 adults a week with depression, anxiety, bereavement and relationship difficulties, in person, by video and by phone. I work person-centred and integrative, agree goals with each client at assessment and review them every session.

Since 2024 I have run an 8-week bereavement group twice a year, drawing on four years with a bereavement charity before I joined the NHS. Your plan to offer groups alongside one-to-one counselling is what draws me to this post.

My CV is attached, and I can give the details of my clinical supervisor. Thank you for considering my application.

Yours sincerely

Nadia Begum