

One in a MILLION!



This week, we're recognising the powerful story of Zeenat Noorani, 50, from Bromley. She said...

Stepping onto the scales, I held my breath nervously. A Saturday for an ice skater like me in the early 2000s meant being weighed to ensure I was still in shape.

More importantly, that I'd still fit into the skin-tight costumes we wore each night.

Looking down at the number, I sighed with relief – I hadn't put on any weight.

But that didn't stop my intrusive thoughts.

I'm too fat and curvy for this... they chanted.

Comparing myself to the skaters around me, I never realised the impact it was having on my mental health.

That was until I quit skating in 2004 to become a teacher – I'd always loved



Tackling the taboo

supporting those around me.

And while I trained as a performance life coach and neurolinguistic programmer to understand behavioural patterns in the children at school, I wanted to expand my knowledge further.

I suffered from intrusive thoughts

And so, mental health coaching came to me naturally.

I targeted leadership in large companies to help staff understand their mental health.

This snowballed into me starting my own business and I was invited to speak about it on *The Business Bunker* show at Kent Business Radio.

'You're such an eloquent speaker,' the host said. 'Would you like your own show here?'

Of course, I didn't say no! During the pandemic, I

underwent training and I now know more than just what buttons to press!

And soon enough, I was live recording my very own show – *Mindset Matters*.

Interviewing mental health experts and tackling topics from body image to suicide and abuse, the conversations I've had helped break down mental health stigmas.

In 2021, I joined the Bromley Buzz podcast team, too, sharing uplifting news and featuring local charities. So far, we've recorded over

100 episodes and I even launched the Let's Talk Better Campaign on 24 February this year with my colleague Darren Weale, encouraging others to open up.

And my mission to destigmatise mental health hasn't stopped there, either!

On 6 July this year, I held the Baton of Hope on its way to Downing Street, raising awareness of how the suicide rate increases every year.

My work with mental health inspires me to carry on daily.

And as it turns out, mindset truly does matter!

- Visit: zeenatnoorani.com and bromleybuzz.uk. Follow @lets_talkbetter1 on Instagram
- Listen to *Mindset Matters* on Spotify and Apple Podcasts

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Bitesize! JUST FOR FUN

1	2	3	4
5			
6			
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ACROSS

- 1 Desire (4)
- 5 Sharpen (4)
- 6 ___ McColl, folk singer (4)
- 7 Pestera (4)

DOWN

- 1 At which hour (4)
- 2 The Hawkeye State (4)
- 3 Hitch (4)
- 4 Farmyard birds (4)

Read down the shaded squares for the answer.

Answer on page 47.

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