

## Episode # 24 Pivot Point Story: Veronika Goreva



Veronika experienced two major pivots, the first making a move from Lithuania to the Caribbean to take up a role as a Chef on a private yacht with no experience, the other to make a brave move from an abusive relationship of 15 years - both served a single purpose, to find her own inner freedom. Two polarising experiences one significant outcome. Freedom to be me

### Top Tips

Don't ever be ashamed or embarrassed for someone else's behavior

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The first person you have to take care of is yourself, so you are mentally and physically healthy to take care of others

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Listen to your body when it whispers, so you don't have to listen to its screams

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Asking for help when in need is not a weakness

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#### Veronkia's contact details:

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If this story has triggered you and affected your emotional wellbeing, please reach out to any of the services below for help.

Support Services – Australia

1800 RESPECT: 1800 737 732

Website: <https://www.1800respect.org.au/>

Lifeline Australia Crisis Support 13 11 14

Website <https://www.lifeline.org.au/>

[Australian Government: Domestic Violence Information and Support Organisations](#)

International

United Nations: <https://www.un.org/en/coronavirus/support-organizations>