

What is your name?

Shannon Howat

What is your position with Roses in the Ocean?

National Operations Coordinator

Why did you join Roses in the Ocean?

After years of working in advertising and show biz I wanted a job that was heartfelt and meaningful. When the job offer came from Roses in the Ocean it was like the stars had aligned.

What is the most challenging part of your job?

Wearing so many different hats and changing them so frequently!

What is the most satisfying part of your job?

Knowing that every little thing I'm working on is going towards helping to reduce the emotional pain, suffering and distress of people with lived experience of suicide. Every tiny bit helps.

What is your favourite self-care practice?

I write creatively in my spare time. I think it's so important to balance your "work brain" with your "play brain".

When you're working and even socialising with friends or playing with your dog, your brain is in work mode. It's analysing, scanning, determining what's the best thing to say or do.

When you're writing creatively (or painting, sewing, etc), as long as you're doing it only for yourself, your brain is in "play" mode. There are no rules, there's no right or wrong. You can just enjoy.

I think that's a crucial part of self-care.

Who inspires you?

My friends Maddie and Debbie, they are simply beautiful people, inside and out

What inspires you?

Travelling, whether it's just to the next suburb or to another country. I just love seeing more of the world.



When and/or where are you happiest?

When my family is all around me 😊

How do you know when you're happy?

I get a warm feeling in my tummy, I sometimes physically do a happy little wriggle, and I look up at the sky and say "thank you" to whoever is watching over me

Which words or phrase do you most overuse?

Maybe I say "cool" a bit too much?

What is your favourite word or phrase?

Willowy. I love willow trees and just like the word willowy, lol

What is your least favourite word or phrase?

Smegma

How do you define success?

Just feeling happy and content with yourself.

Do you consider yourself successful?

I guess so, yeah 😊

What is your greatest fear?

Being stuck out in the deep open ocean.

What is your greatest strength?

Being able to always find the positives and opportunities in any situation.

What would you like to do better?

Draw and sketch.

What are your Words of Wisdom?

From my favourite author, Patrick Rothfuss: "Anyone can love a thing because. That's as easy as putting a penny in your pocket. But to love something despite. To know the flaws and love them too. That is rare and pure and perfect."

