**Resilient You program: Video Transcripts  
Module 1: Who I Am: Skye**

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[00:00:00] **Skye-Blue:** [00:00:00] Name, age and profession.

[00:00:04] My name is Skye-Blue Henderson. I am 27 years old and I am a model as well as a program coordinator at a school camp.

[00:00:12] Did I enjoy school?

[00:00:14] Yeah. Yeah.

[00:00:16] What do you think you were good at during school?

[00:00:18] Sports!

[00:00:20] **Casey:** [00:00:20] She was super sporty.

[00:00:23] **Shan:** [00:00:23] She was great at school. I remember the first time I saw her play basketball and she dominated.

[00:00:29] **Greg:** [00:00:29] One of the first times I actually saw Skye, didn't meet her but actually saw her, was actually playing basketball.

[00:00:34] There was this girl there who only had one arm and she was giving it to the best of them.

[00:00:41] **Skye-Blue:** [00:00:41] What major challenges have you faced?

[00:00:43] I think everyone has a story. Everyone, you know, has different things that they have to overcome and experience. But my entire life I've, from the way that I've, that I look, I've been told, no and that I can't do things. So that's always been something [00:01:00] that's pushed me to achieve those things.

[00:01:02] **Greg:** [00:01:02] She can get a little bit stubborn and I think that's because she's continually trying to prove herself.

[00:01:08] **Skye-Blue:** [00:01:08] Not that anyone ever said anything about it or to me, I was never, never bullied but the older I got sort of played in my head like, Oh, like I am, I am different. I do look different. Do they think I'm different? Do they see me and think that I look different as well? As I said, nothing was ever said to me, there was just something that was always in my head. And I think an insecurity and an issue that I had within myself because, you know, I was different.

[00:01:35] **Casey:** [00:01:35] So with Skye, I think body image was a big one because she definitely gave herself a very hard time and didn't give herself enough credit. But I think she's come an extremely long way.

[00:01:48] **Shan:** [00:01:48] If you were to say that she's disabled, I think she would be the first person to say, no I'm not.

[00:01:55] **Skye-Blue:** [00:01:55] I wouldn't want to be any different whatsoever. And I think I had to go through those [00:02:00] obstacles and those, that thought process of what other people did think of me to get to the point where it's I don't care what other people think of me. The advice that I would give my younger self would just be to keep going. Each step is still a step in the right direction. You develop resilience by being told no. It's pretty much fuel to a fire. You tell me no then I'm going to show you yes.

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