



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Ginny Koppenhol has over ten years of experience working as an Occupational Therapist in mental health services in the North-East and North-West of England, and currently works in tier 4 adolescent mental health services for 'Lancashire Care Foundation NHS Trust'.

Mixing two roles: balancing life as an OT and a DJ

Occupational Therapists believe that engaging in a range of activities promotes wellbeing. 'Balance' is a crucial part of this, through ensuring that we are able to take part in a mixture of leisure, self-care and productive activities. But do we practise what we preach? How easy is it to pursue meaningful occupations outside of full-time work?

Ginny Koppenhol tells us about her 'double-life' as a DJ and an OT! Ginny has been an OT for ten years and a DJ for five. She has DJ'd in Ibiza, at festivals and clubs across the country, produced her own tracks, and has had her own radio show. Ginny will tell you more about her experiences in the music industry and trying to climb this often difficult ladder to success, whilst also developing in her Occupational therapy career.

She will explain the positive impact that following her musical passion has had on her therapy career, and vice versa. She will also describe some of the challenges in trying to juggle such seemingly diverse occupations. Ginny's OT/DJ lifestyle always attracts lots of questions which she loves to answer, and she looks forward to answering yours too.