

Rochelle Hughes
Thought Vectors and Nuggets
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While looking through The Faculty Patchbook the first one that caught my eye was [Patch Thirty Seven – On the Road Again](#). “I traveled a lot last year, to a bunch of conferences which were new to me. For a long while now, I’ve stuck to my comfort zone of conferences I’ve attended before, where I’ll see people I already know and hear new developments on basically the things we always talk about. (Some people might call it a rut.) “

While this exact experience of conferences does not relate to me, the idea of travel, exploring new places and meeting new people definitely does. In my last year of university I was lucky enough to be able to get out of my comfort zone and travel to Nicaragua for my Alternative Practicum. Travelling was never really on my radar but after spending 3 week in Nicaragua I knew I needed to see more of the world. In the past 7 years I have lived in 2 different countries outside of my own and lived in various cities in the country I call home (Canada). In total, I travelled to 13 countries where I learned about different cultures, saw some of the most beautiful places and met the most amazing and interesting people. These experience have not only helped me to grow as an individual but they have helped me to grow professionally as well. I am able to adapt to new situations very quickly and I can build a positive rapport with people quickly. I’m not afraid to try new things and to step out of my comfort zone. I have found a career I love and I know I owe that to all of the experiences I allowed myself to have in the past.

While I am finally ready to live in one place and “settle down”, I know that the desire to travel and explore new places will never go away. Leaving your comfort zone is so important for growth, personal development and having fun!!