

**Episode: 1****Title: Welcome to New PossibilOTs****Hosts: Mahek Bansal & Larissa Ferrari****Transcript:****Mahek:**

Welcome to New PossibilOTs, a podcast dedicated to paediatric occupational therapy. I'm Mahek.

**Larissa:**

And I'm Larissa. We are your hosts and both practicing as occupational therapists at Occupational Therapy Helping Children in the beautiful northern beaches of Sydney.

**Mahek:**

Our aim is to share clinical conversations with fellow occupational therapists, clinicians, parents and anyone who wants to join us on this journey.

**Larissa:**

We encourage you to engage with us by liking, commenting, and sharing our podcast.

**Mahek & Larissa:**

Let's explore New Possibilities together.

**Mahek:**

Hi, my name is Mahek.

**Larissa:**

And my name is Larissa.

**Mahek:**

And we are the hosts of the New Possibilities podcast.

**Larissa:** We decided to record this episode to share a little bit about who we are and what we do. So let's start with where we work. We work at a private practice called Occupational Therapy Helping Children, which is located in the northern beaches of Sydney, Australia. Our practice is a paediatric occupational therapy practice, which means that we work with clients from the age of 0 to 18.

**Larissa:**

Yes, we work with a team of about 10 occupational therapists from different backgrounds and different experiences. But we work very closely to each other. And that brings a lot to the team.

**Mahek:**

Yeah. So Larissa, where did you graduate? What was your journey to here?

**Larissa:**

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So I've graduated in Brazil. I did a bachelor in OT in Sao Paulo, where I'm from. That was a couple of years ago. After graduating, I've worked in Paeds in Brazil for a couple of years. And then I moved to Australia and recently got registered in Australia and managed to work in Paeds, which I love.

**Mahek:**

How exciting.

**Larissa:**

What about you, Mahek?

**Mahek:** So I did my undergraduate degree in occupational therapy here in Sydney at the University of Sydney. And throughout my degree, I worked as a therapy assistant in a paediatric practice and in disability support as well. And then once I graduated, I moved into the big world of OT, straight into paediatrics and loving it. And I'm still here now and plan to be for many, many years to come.

**Larissa:**

Great. And I'm curious, Mahek, why did you choose to do OT? I guess that's the question, right?

**Mahek:**

It is the question. I didn't know what OT was when I was in high school, when it was time to choose. I've never heard of it before. I didn't know what it was, but I knew that I really wanted to do something in health, where I could connect with people, I could build relationships. I also really loved working with kids. And when I heard about OT very coincidentally, it sort of seemed to tick all the boxes. And I thought I'd just make a jump, sort of not really knowing what it was, but giving it a go. And it turned out to be the best decision I've ever made. What about you, Larissa? Was it an easy choice for you?

**Larissa:**

Very similar, actually. I wanted to do something with arts, music, expression, something like that. I was very much into theatre back then.

**Mahek:**

Wow.

**Larissa:** Yes. And then I realized I wanted to use that for a purpose, a big purpose. And that's when I came across the word occupational therapy. And I've decided to give it a go. And each year of uni, I was just falling more and more out of love for the profession. It's so amazing. The foundation, the discussions, and just like you, here I am.

**Mahek:**

And I think our love for OT is now also maybe why we've decided to start this podcast. I think we are so excited to be able to have clinical conversations, share why we love what we do, but also spark conversation and spark thought to add more information, but also to develop our own skills and continue to be the best OTs we can be.

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Exactly. Well, we love a challenge. This is part of being an OT. You have to love a challenge to be an OT. And I guess the love for the challenge got us into this challenge of actually producing a podcast, but with the purpose of talking about OT, of improving our clinical reasoning, of sharing our knowledge, because I believe we're both going to share a lot of things that we don't know about each other in terms of our reasoning. And also to connect with people, connect with other clinicians, with other OTs, and make the best out of it, I would say.

**Mahek:**

Yeah. And I think we both started by trying to find something like this. We were looking for something that would help us to connect with others, to hear the thoughts of other clinicians, to continue our clinical conversations, but we found that there was a little bit of a gap in terms of finding, we couldn't really find a podcast that was centred around paediatric occupational therapists, that was based in Australia, that was for other occupational therapists, whether they're sort of new grads or students or clinicians five to 10 years out, but to share it as clinical conversations towards our fellow colleagues. And so we hope that that's what we can do.

**Larissa:**

Exactly. I think people will get to know more about us with the episodes to come, but we would love to connect. It would be great if people could participate somehow by commenting, getting in touch, and also sharing and making sure this conversation grows throughout the OT community.

**Mahek:**

Exactly. So we're really excited to keep connecting with you. We've got a few podcast episodes coming up, but if you have any ideas of things that you'd like us to talk about or open the discussion, we're more than happy to hear about it. But until then, we look forward to chatting with you more.

**Mahek & Larissa:**

Bye!