



# A BETTER LIFE THROUGH AUTHENTIC CONNECTION

## Ashlea

Hi there, I'm Ashlea. I've dedicated myself to mentoring because I am deeply committed to helping others navigate their path towards self-discovery and personal development. I firmly believe that each person carries within them the potential to reach their best selves, and I'm here to assist in making steady, impactful changes that will accumulate over time. My method involves honing in on mindset, establishing clear objectives, and ensuring individuals remain responsible for their advancement. I strive to cultivate a supportive atmosphere, aiming to empower individuals to take strides towards their aspirations, no matter how grand or modest. If you're seeking a mentor who genuinely values your growth and well-being, then I am here to provide unwavering support. I am devoted to aiding you in realizing your personal and life ambitions with patience, empathy, and unwavering encouragement.

## Skills & Experience

- ✓ Experience in mentoring and guiding individuals on their self-discovery journeys.
- ✓ Knowledge in mindset coaching, intention setting, and accountability practices.
- ✓ Strong communication and interpersonal skills.
- ✓ Ability to create a safe and supportive environment for personal growth.
- ✓ Background in administrative and supportive roles, which has honed my organizational skills.

## Interest & Hobbies

- ✓ Reformer Pilates
- ✓ Reading
- ✓ Mindfulness
- ✓ Meditation
- ✓ Self - improvement
- ✓ Nature walks
- ✓ Gym
- ✓ Cooking
- ✓ Arts & Crafts
- ✓ Baking
- ✓ Watching movies
- ✓ Martial Arts
- ✓ Animal lover
- ✓ Road Trips

## Location

Queensland  
Northern Brisbane



## Contact us!

- ☎ 0477 148 835
- ✉ [admin@authenticsupport.me](mailto:admin@authenticsupport.me)
- 🌐 [www.authenticsupport.me](http://www.authenticsupport.me)

