



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Briar

- ✓ Briar is a positive and encouraging mentor who brings lived-experience of overcoming life's challenges. After leaving school at just 13 due to her own declining mental health, she has learnt first hand how to put in the work to achieve growth and recovery. She has now graduated university with studies in psychology and criminology and uses these skills and experiences in her work.
- ✓ Briar is passionate about supporting clients through every high and low in their journey. She believes in facilitating personal development and wellness through physical movement, mindfulness and communication. In her free time, she loves doing pilates, yoga, cooking, paddle-boarding, playing board games and going on adventures.

Skills & Experience

- ✓ NDIS Quality safeguard training
- ✓ Experience working with Depression and Anxiety
- ✓ Trauma informed care
- ✓ Graduate Psychology
- ✓ Graduate Criminology

Interest & Hobbies

- ✓ Outdoors
- ✓ Hiking
- ✓ Camping
- ✓ Snorkeling/Kayaking
- ✓ Pilates
- ✓ Board Games
- ✓ Bowling
- ✓ Skating
- ✓ Paddle Boarding
- ✓ Yoga

Contact us!

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Location
South Australia
South of Adelaide