



# A BETTER LIFE THROUGH AUTHENTIC CONNECTION

## Hamish

My name is Hamish, I am an easy-going and positive mentor with an open-minded approach. My friendly demeanour creates a comfortable environment for my mentees. I am passionate about helping and I can adapt my mentoring style to meet the unique needs and desires of each individual. I discover purpose and joy in life through playing soccer and making music. I am passionate about the benefits of exercise and the arts, embracing their positive impact of well-being. I am a passionate mentor who has previously helped young men build supportive friendships, transform negative behaviour patterns and improve their life.

## Skills & Experience

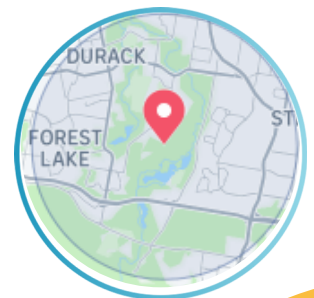
- ✓ 2 Years' experience working with Young people /people with Disability
- ✓ Experience with Mental Health
- ✓ Experience with Challenging behaviours and Needs
- ✓ Experience with Drug and Alcohol Support
- ✓ Respite Trip Experience

## Interest & Hobbies

- ✓ Soccer
- ✓ Swimming
- ✓ Hiking
- ✓ Pool/darts/golf
- ✓ Music and Composing
- ✓ Video games
- ✓ Ice bath/Sauna
- ✓ Gym/Exercise
- ✓ Snorkelling
- ✓ Spirituality/
- ✓ Meditation

## Location

Queensland  
South Brisbane



## Contact us!

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

