



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Jack

Hi, my name is Jack. I am a warm individual who enjoys the company of others. I love to get to know new people and love being surrounded by family, friends, and animals (especially dogs). I like to make people feel at ease and comfortable. I am an energetic person who loves being outdoors and enjoys a wide variety of sports. I love to help others achieve their potential in a supportive manner and help them try new things. I believe that being active can help myself and others with wellbeing and improved mental health.

I also have a calm relaxed side, I like to unwind by listening to music, playing a game of chess, or meditating. I am supportive and calm. I can remain objective and keep a cool head on my shoulders, which helps if someone is feeling overwhelmed.

Skills & Experience

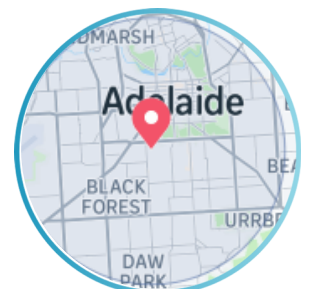
- ✓ Studying a Bachelor of Psychological Science at the University of South Australia
- ✓ State Jiu-jitsu state champion (White belt)
- ✓ Extensive knowledge of fitness, gym and wellbeing
- ✓ Effective communication with diverse groups of people
- ✓ Passionate about healthy nutrition, food preparation and barista skills

Interest & Hobbies

- ✓ Martial Arts
- ✓ Chess
- ✓ Hiking/Camping
- ✓ Music
- ✓ Reading
- ✓ Swimming
- ✓ Dancing
- ✓ Board games
- ✓ Gym
- ✓ Bike riding
- ✓ Fortnite
- ✓ Soccer/Football
- ✓ Painting
- ✓ Languages - German, Russian

Location

South Australia
Adelaide South



Contact us!

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