



**AUTHENTIC
SUPPORT**

A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Kayla

Kayla is dedicated to her own authenticity and feels really fulfilled by helping others discover and define their own sense of self in a world that can make connection to self a challenge.

Kayla is genuinely interested in what people have to say, what they believe, feel and think. Kayla loves learning about people and asking thought provoking questions.

Kayla is fun to be around. Kayla loves a laugh, being playful and silly. Kayla loves combining the outdoors, physical activity, and meaningful connection with people. Kayla is always up for an adventure and learning something new!

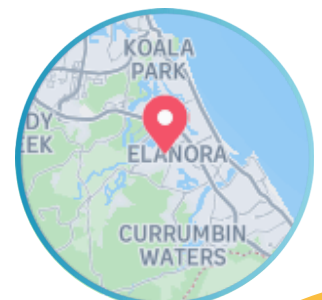
Skills & Experience

- ✓ 2 Years' experience working with young people
- ✓ 1-Year public speaking and facilitating workshops
- ✓ Qualified professional Life coach
- ✓ Qualified Primal health coach
- ✓ 2 Years' athletics coaching
- ✓ Currently studying Psychotherapy and counselling
- ✓ Outdoor education experience
- ✓ Navigating chronic/ invisible illness
- ✓ Nutrition and movement
- ✓ Mindset coaching

Interest & Hobbies

- ✓ Op shopping/Fashion
- ✓ Makeup
- ✓ Drawing/painting
- ✓ Swimming/surfing
- ✓ Hiking
- ✓ Camping
- ✓ Ecstatic dance
- ✓ Camping
- ✓ Breathwork
- ✓ Yoga/Pilates
- ✓ Kayaking/snorkel
- ✓ Camping
- ✓ Writing
- ✓ Cooking

Location
Queensland
South Gold Coast



Contact us!

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