



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Kayla

Hi, my name is Kayla. I am a kind, empathetic person who wants people to feel heard, safe and valued when in my presence. I am passionate about helping and supporting others. My own life experiences have helped me grow as a person and provide insight into how trauma affects the mind and the body. I am an active listener, non-judgemental and I take the time to learn and understand about others so I can provide personal and individualised support.

Skills & Experience

- ✓ Diploma of Community Services
- ✓ Experience with mental health
- ✓ Mentoring women to fulfil day-to-day life tasks

Interest & Hobbies

- ✓ Walks on the beach
- ✓ My fur baby Jack
- ✓ Arts, craft & candle making
- ✓ Exploring local cafes & restaurant's
- ✓ Road trips
- ✓ Camping
- ✓ Gardening
- ✓ Indoor plants
- ✓ Spending time with family and friends

Location

South Australia
Adelaide South



Contact us!

- ☎ 0477 148 835
- ✉ admin@authenticsupport.me
- 🌐 www.authenticsupport.me

