



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Lachlan

Hey, I'm Lachlan. I've taken on the role of a mentor because I find joy in assisting individuals in identifying their strengths and evolving into the best versions of themselves. Through years of coaching sports, I have witnessed the transformative impact of providing even a small amount of support, and I am enthusiastic about offering that support to others. My approach to helping people involves being present for them—whether it's imparting new skills, giving guidance, or simply lending an ear. I am dedicated to fostering a positive environment where you can feel at ease exploring new opportunities and developing confidence. Choose me as your mentor if you're seeking someone with both expertise and shared interests. I have a passion for Brazilian Jiu-Jitsu, surfing, outdoor hiking, sports, music, and some golf. If any of these activities resonate with you, or if you're seeking a mentor who values the fusion of work and enjoyment, I'm here to help you achieve that equilibrium while pursuing your objectives. I am committed to aiding you in achieving your aspirations and ensuring an enjoyable journey along the way.

Skills & Experience

- ✓ Cert IV in Community Services
- ✓ Over 10 years coaching Brazilian Jiu jitsu
- ✓ Group Facilitation and Workshop Design
- ✓ Experience in Mental Health Support, including anxiety, depression
- ✓ Experience with Goal Setting and Personal Development Planning

Interest & Hobbies

- ✓ Brazilian Jiu Jitsu
- ✓ Music / Gigs
- ✓ Surfing
- ✓ All things outdoors
- ✓ Hiking
- ✓ Camping
- ✓ Sports
- ✓ Gardening
- ✓ Manga / Anime
- ✓ Cooking
- ✓ Fitness
- ✓ Photography

Location

South Australia
Adelaide Central



Contact us!

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