



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Lia

Hi my name is Lia, My biggest passion is Music, so I'd love to take you out to see some live music/poetry gigs/festivals, markets or museums, to help you connect with the local Arts community. I'm super easy going and happy to go on any adventures you're up for! I love to try new things and learn new skills. My second biggest passion is the great outdoors and time spent exploring nature. I have a van that I go camping in all the time, I enjoy a good hike, and I love hanging out at the beach going for walks or swims.

I'm passionate about fostering a healthy lifestyle; including the physical, mental and spiritual. I grew up leading a very unhealthy lifestyle, and it wasn't until I had the right support and role models in place that I was able to change my ways and learnt how much of an impact our health has on our ability to feel happy and fulfilled. I am an empathetic listener, with a wealth of lived experience to call on to provide insight and guidance.

Skills & Experience

- ✔ Certificate in Holistic Counselling
- ✔ Understanding of Mental health
- ✔ Meditation Therapy and Chair Yoga
- ✔ Understanding PTSD
- ✔ Certificate in Creative Photography

Interest & Hobbies

- ✔ Cooking
- ✔ Poetry Writing
- ✔ Hiking/Camping
- ✔ Music Events
- ✔ Festivals
- ✔ Swimming/Beach
- ✔ Dancing
- ✔ Board games
- ✔ Yoga
- ✔ Gym/Fitness
- ✔ Vintage Cars
- ✔ Photography
- ✔ Gardening
- ✔ Graphic Design

Location

South Australia
Adelaide South



Contact us!

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