

A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Lucas

Hi, I'm Lucas, a friendly, attentive, and active individual. I'm passionate about fitness and I'm here to assist you in achieving your exercise goals. In addition to that, I enjoy gaming, exploring various music genres, and everything related to film and cinema. I've taken on the role of a mentor because I understand the challenges of life. As a mentor, I am committed to listening and empowering you to live a confident and independent life. My goal is to support you in achieving your aspirations by providing validation, encouragement, and the freedom to chart your own path towards personal growth and self-realization. If you'd like to chat, I'm eager to learn about your interests. If you ever feel stuck while striving for your goals, I'll do my best to assist you in reaching your objectives.

Skills & Experience

- Attentive Listener
- Effective Communicator
- Trained in Leadership
- Understanding of mental health ASD, ADHD, ODD Anxiety Disorder, Depression
- Trained in Adventurous Outdoor Activities such as Bushwalking, Cycling, Mountain Biking and Archery

Interest & Hobbies

- Singing
- Dancing
- Acting
- 🧹 Swimming
- Beach & Outdoors
- Dog Walking
- Health & Fitness

Location Queensland West Brisbane

- Driving
- 🥑 Film & Cinema
- 🧹 Media
- Memes

Contact us!

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