

# **A BETTER LIFE THROUGH AUTHENTIC CONNECTION**

#### Lucy

Hey, my name is Lucy. I became a mentor because I am super passionate about helping people to live more independently and gain more confidence within themselves. I think it's really important to put effort and time into yourself and your mental wellbeing in order to build the life that you want to live.

I like to help people by working with them to identify what their problems are, and working together to identify different solutions that we can try. I am a very patient person and am not afraid of trying new things over a period of time to find the most effective outcome.

You should choose me to be your mentor if my style of support works for you and you like the same things as me! I am open to meeting all kinds of new people and working together to make improvements in your life.

## **Skills & Experience**

- Oouble BA of Psych. Science and Criminology and Criminal Justice
- High level of interpersonal skills and experience working with others
- Excellent time management
- Adapts to change quickly and effectively

### **Interest & Hobbies**

- 🤜 Cooking
- Gardening
- Listening to music
- 🧹 Fashion
- Movies and TV
- Nature

**Location** South Brisbane Queensland



# Contact us!

- 0477 148 835
- admin@authenticsupport.me
- www.authenticsupport.me



- HikingAFL
- Nature Walks
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