



# A BETTER LIFE THROUGH AUTHENTIC CONNECTION

## Rachael

- ✔ Empathetic, passionate and organised are 3 words people use to describe Rachael. Rachael's a highly motivated individual whose positive energy flows into others.
- ✔ Rachael is passionate about women's health both physically and mentally as well as natural therapies. She believes healing starts from within. Her passion for inspiring self-love and body confidence comes from her own self-love journey through high school and now into motherhood.
- ✔ When she is not at home cooking up a storm with her little one, you will find her expressing herself through a creative outlet like painting, drawing and craft.

## Skills & Experience

- ✔ Graphic design; from business cards to t-shirt graphics
- ✔ Architecture mentor at UniSA and Student Representative
- ✔ Volunteer work including, UniSA, PL Gymnastics and Vanuatu
- ✔ Experience assisting and organising women circles and rights of passage
- ✔ Mum to 1 very active toddler

## Interest & Hobbies

- ✔ Art (painting, drawing, pottery).
- ✔ Architecture
- ✔ Graphic design
- ✔ Upcycling furniture
- ✔ Yoga
- ✔ Netball
- ✔ Pilates
- ✔ SUP paddle boarding
- ✔ Paddle board yoga
- ✔ Cooking
- ✔ Natural therapies and herbal remedies.

## Location

South Australia  
South of Adelaide



## Contact us!

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