



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Sasha

Hey there, I'm Sasha, a passionate mentor dedicated to empowering individuals from all walks of life to reach their goals. My approach is known for being friendly, motivating, and well-organized. My belief is that everyone deserves a good quality of life, and I find joy in being a part of helping others achieve that. My background in assisting young individuals facing mental health challenges has deeply influenced my perspective. I strive to empower people to take control of their own lives through a strength-based approach. If you're looking for a mentor who is flexible and dedicated to customizing our time together to fit your needs, I believe I could be a good match for you.

Skills & Experience

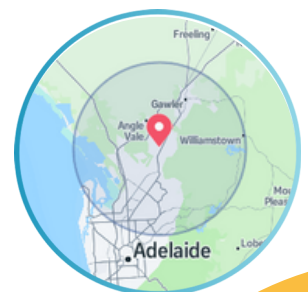
- ✔ Studying BA Social Science (Human Services)
- ✔ Diploma of Youth Work
- ✔ Experience working with youth in high schools experiencing mental health / wellbeing hardship
- ✔ Highly empathetic and emotionally intuitive
- ✔ Experience working as a support person

Interest & Hobbies

- ✔ Healthy Eating
- ✔ Wellbeing
- ✔ Yoga & Meditation
- ✔ Healthy meal planning
- ✔ Reading: self-help focus
- ✔ Organising: home and schedule
- ✔ Outdoors
- ✔ Nature Walks
- ✔ Cold Plunging
- ✔ Reiki
- ✔ Cooking

Location

South Australia
Adelaide North



Contact us!

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