



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Tamara

- ✔ Tamara is a bright, easy going and open-minded person that loves to encourage deep conversation to help understand one's feelings and thoughts. She has suffered from mental health and is always looking for ways to acknowledge her feelings and grow.
- ✔ Tamara loves to move and has been dancing, playing sports, camping and appreciating the outdoors since a young child and believes finding something that you love to do can be the motivation that one needs.
- ✔ Tamara has been mentoring for the past year and is known for being a kindhearted person that will be there to listen, give guidance and bring out a smile to those around her.

Skills & Experience

- ✔ 1 Years' Experience Working with Young people /people with Disability
- ✔ 3 Years' Experience Managing Business
- ✔ 1 Years' Experience Mentoring / Support Work
- ✔ Introduction to Adolescent Mental Health
- ✔ Respite Trip Experience
- ✔ 15 Years' experience dancing. Special Interest Dance - Malaysian Trip
- ✔ Administration and Payroll
- ✔ Creative Flyers Building
- ✔ Experience working with ADHD, ASD, Tourette syndrome, Learning disabilities and Down syndrome

Interest & Hobbies

- ✔ Outdoors
- ✔ Hiking
- ✔ Camping
- ✔ Swimming
- ✔ Snorkeling
- ✔ Kayaking
- ✔ Dance & Calisthenics
- ✔ Board Games
- ✔ Fishing
- ✔ Laser Tag
- ✔ Bowling
- ✔ Fitness
- ✔ Cooking

Contact us!

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Location
South Australia
Northern Adelaide