



# A BETTER LIFE THROUGH AUTHENTIC CONNECTION

## Tamika

Hello, my name is Tamika! I love staying active, so I go to the gym 5-6 times a week, I would be happy to support you if you are starting or already on your fitness journey too. I enjoy watching and supporting AFL and soccer, a nice stroll on the beach for some fresh air, a solid day of shopping or catching the latest movie out; my favourite are wholesome movies with impactful story lines. I also have a massive love for animals, especially dogs! I always offer a listening ear, and I am passionate about creating a positive lifestyle, both physically and mentally, and have an extremely kind and nurturing nature. By providing support and guidance, I want to contribute to your success and bring a positive difference in your life. I like to support people by always offering a non-judgmental listening ear and a safe, caring, and positive disposition. You should pick me as your mentor if you want someone with a supportive and encouraging nature to help you achieve your goals and enjoy a positive lifestyle, let's do this together.

## Skills & Experience

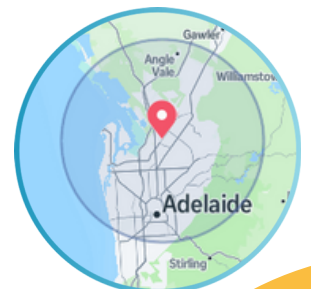
- ✓ Educational Support Officer
- ✓ Training and Support in beauty industry
- ✓ Gym and Nutrition Knowledge
- ✓ Highly empathetic and emotionally intuitive
- ✓ Own and operated business for 15 years

## Interest & Hobbies

- ✓ Gym / Fitness
- ✓ Animals
- ✓ AFL - support/watch
- ✓ Movies
- ✓ Nature / Beach
- ✓ Soccer
- ✓ Social sport event
- ✓ Beauty
- ✓ TV Shows
- ✓ DIY Projects
- ✓ Shopping

## Location

South Australia  
Adelaide North



## Contact us!

- ☎ 0477 148 835
- ✉ [admin@authenticsupport.me](mailto:admin@authenticsupport.me)
- 🌐 [www.authenticsupport.me](http://www.authenticsupport.me)

