# **A BETTER LIFE THROUGH AUTHENTIC CONNECTION**

#### Wren

Hey there, I'm Wren. I have chosen the path of mentorship driven by my sincere desire to support and nurture others. My aim is to bring positivity and purpose to people's lives while guiding them towards reaching their full potential. I possess an outgoing nature and am committed to advocating for a wholesome lifestyle and imparting my insights to others. Exploring new pursuits and uncovering the charms of my city, be it through savoring local cuisine or immersing in outdoor activities, is something I deeply enjoy. I hold meaningful conversations in high regard, firmly believing that they aid in self-discovery and emotional understanding. Comforting those around me and adapting to their preferences, whether through engaging interactions, leisurely strolls, or encouraging them to expand their horizons, is a priority. My patience and sensitivity enable me to provide support and cultivate trust.

### **Skills & Experience**

- Trained in Business Management
- Trained in Human Resources and Frontline Management
- Trained in Bookkeeping and Accounting
- Understanding of mental health incl. PTDS & CPTSD, Bi-Polar Disorder, Schizophrenia, ASD and ABI.
- Empathetic and understanding with great leadership skills

#### **Interest & Hobbies**

**AUTHENTIC** 

**SUPPORT** 

- Singing
- 🥑 Video Games
- Pop Culture
- Music Events
- 🧹 Ice Hockey
- Swimming/Beach
- 🥑 Instruments

Location South Australia Adelaide South

- Board games
- Dog walking
- ✓ Gym/Fitness
- Oriving
- Photography
- Animals
- Puzzle games

Adelaide

## Contact us!

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