



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Freya

Hello, I'm Freya. As a mentor, I am driven by a deep desire to share the invaluable skills I've acquired through a rich tapestry of diverse experiences and the various challenges that have shaped my journey. My goal is to make life feel more manageable for those I work with. I have a strong passion for guiding others in engaging their creativity, building lasting self-confidence, and offering the emotional support that helps individuals feel truly seen, heard, and valued. My approach is invigorating and empathetic, infused with a sense of energy and humor that helps create a comfortable space for growth. If you're looking for a mentor who is not only open and approachable but also genuinely committed to your development, look no further. Together, we can embark on an inspiring journey to unlock your full potential, fostering profound connections with both yourself and those around you!

Skills & Experience

- ✔ Trained in Business and Communications
- ✔ Highly Experienced Musician / Artist
- ✔ Knowledge in Neurodivergence, addiction recovery trauma and mental health disorders
- ✔ Excellent social skills with a warm and approachable manner
- ✔ Trained in a variety of practical skills, eg. Cooking, building, landscaping, electronics, etc.

Interest & Hobbies

- ✔ Music
- ✔ Playing Guitar & Singing
- ✔ Woodworking
- ✔ Instrument Building
- ✔ Cooking
- ✔ History & Literature
- ✔ Writing
- ✔ Fashion
- ✔ Landscaping
- ✔ Art & Design
- ✔ Psychology
- ✔ Snowboarding
- ✔ Camping
- ✔ Festivals

Location

South Brisbane
Queensland



Contact us!

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