



A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Mel

Hi, I'm Mel, a passionate advocate for nature, health, and wellness. I became a mentor to empower individuals to live in harmony with their true selves. My mission is to help you uncover your essence and encourage you to shine your light, living boldly, authentically, and abundantly. In a safe and nurturing space, you will be seen and heard as you reconnect with your true self, discovering the vital balance between mind, body, and spirit. Through thoughtful questioning, we will unveil self-imposed limitations and, together, source solutions for meaningful change. Choose me as your mentor if you seek inspiration to manifest your dreams and desires, and if you are open to self-growth and new experiences. With lived experience, deep understanding, and heartfelt compassion, I will walk alongside you, guiding you to uncover your unique path.

Skills & Experience

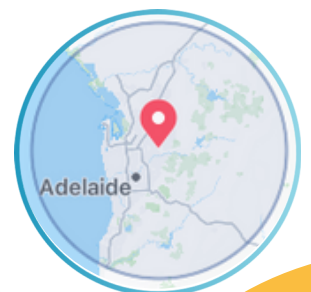
- ✓ Holistic wellness coach
- ✓ Diploma in outdoor recreation
- ✓ Diploma in tourism & marketing
- ✓ Quantum healing practitioner
- ✓ Encouraging and empathetic listener

Interest & Hobbies

- ✓ Outdoors
- ✓ Nature Walks / Hiking
- ✓ Beach
- ✓ Yoga
- ✓ Fitness
- ✓ Health & Wellness
- ✓ Yoga/Pilates/Gymnastic
- ✓ Travelling
- ✓ Adventuring
- ✓ Spirituality
- ✓ Meditation
- ✓ Music
- ✓ Dancing

Location

Adelaide North
South Australia



Contact us!

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