



**AUTHENTIC  
SUPPORT**

# A BETTER LIFE THROUGH AUTHENTIC CONNECTION

## Alea

Hi, I'm Alea. I became a mentor because I'm passionate about helping people feel seen, supported, and empowered to thrive. With ADHD and a background in behavioural therapy, I know how important the right guidance and encouragement can be. It's my purpose to make a difference in people's lives.

I love helping others unlock their potential, overcome challenges, and feel less alone. Seeing someone grow and realise their worth is one of my greatest joys. I do this by truly seeing them, listening with intention, validating their experiences, and offering practical, compassionate guidance grounded in lived experience.

I break things down in a simple, approachable way and meet people where they're at, helping them take confident steps forward.

I create a space where you can be yourself—no pressure, no judgment. I'll help you find what works for you, build confidence, and take small, meaningful steps. Choose me as your mentor if you want someone who sees you as a whole person—not just your goals, struggles, or labels. I bring both experience and heart, having worked with people from all walks of life, especially those who've felt misunderstood, burnt out, or like they don't fit the mould. I understand what it's like to navigate life differently, and I know how powerful it is to have someone who just gets it.

## Skills & Experience

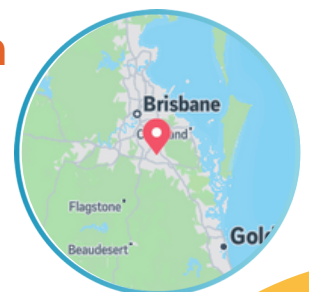
- ✓ Behavioural Therapist, Licensed Positive Behaviour Practitioner & Parent coach with 13 years experience supporting neurodivergent individuals and families.
- ✓ Background in behavioural management, early intervention, child development, behavioural therapy, Leading social skills groups online and in person.
- ✓ ADHD & neurodivergence coach with content creation experience for educational platforms
- ✓ Strong communication and coaching skills developed through mentoring, tutoring, and therapy work.

## Interest & Hobbies

- ✓ Singing, karaoke, songwriting
- ✓ Hiking and nature photography
- ✓ Op shopping
- ✓ Creative writing
- ✓ Improv, comedy, and storytelling
- ✓ Outreach/ volunteering
- ✓ basketball, volleyball, tennis, football, frisbee
- ✓ Reading
- ✓ Videogames
- ✓ Cooking
- ✓ Creating Tik Toks
- ✓ Bowling
- ✓ Board/ card games

## Location

Queensland  
Brisbane



## Contact us!

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