



**AUTHENTIC
SUPPORT**

A BETTER LIFE THROUGH AUTHENTIC CONNECTION

Tegan

Hello, I'm Tegan! I have a deep passion for the ocean and everything related to it—whether it's surfing, swimming, beach walks, or snorkeling, the water always brings me joy. I have a special fondness for animals, particularly dogs, and I cherish the time I spend with my two lovable dachshunds.

As a mentor, my goal is to create a positive and welcoming space where you can feel safe to share and grow. I draw from my own experiences in health and customer service to guide you, and I genuinely want to see you thrive. Music is another passion of mine; I love going to gigs, discovering new artists, and sharing playlists—it brings a unique spark to life.

Living a healthy lifestyle is incredibly important to me. I focus on nurturing my mental, physical, and spiritual well-being through yoga, meditation, and recovery practices. I find joy in exploring new places, trying out different cafes, and savoring walks along the beautiful Gold Coast and Northern NSW coastlines. My hobbies include arts and crafts, embarking on road trips, camping, Pilates, gym sessions, cycling, and visiting farmers' markets.

If you're seeking an empathetic mentor who will support you in building confidence and navigating challenges, I would be honored to embark on this journey together with you!

Skills & Experience

- ✓ Trained in Event Management and Tourism
- ✓ High integrity and professionalism
- ✓ Embraces change, supports others and shares knowledge

Interest & Hobbies

- ✓ Music & Festivals
- ✓ Sports & Recreation
- ✓ Big Animal Lover
- ✓ Cafes & Restaurants
- ✓ Beach
- ✓ Health & Wellness
- ✓ Live Music
- ✓ TV & Movies
- ✓ Board Games & Puzzles

Location

Gold Coast
Queensland



Contact us!

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