



MENTOR | SUPPORT WORKER

CONTACT

South Australia
Servicing Adelaide Metro &
Surrounds

Hello@Harbourhelp.com.au
0468 250 175
www.harbourhelp.com.au

BACKGROUND

Bachelor of Naturopathy
(Current)

Strong understanding of health, wellbeing, nutrition, and holistic lifestyle approaches.

Passionate about promoting healthy habits, active living, and supporting young people to achieve greater independence and wellbeing.

APPROACH

Emily is passionate about creating genuine, supportive relationships where participants feel comfortable, valued, and encouraged.

Her approach focuses on building confidence, promoting independence, and supporting participants to achieve their goals through meaningful activities, positive encouragement, and participant-led support.

INTERESTS

Community participation and social engagement – Netball

Outdoor recreation and active lifestyles

Cooking and healthy meal preparation

Uses a holistic, strengths-based approach to encourage healthy routines, confidence, social participation, and overall wellbeing.

STRENGTHS

- Strong interpersonal and communication skills
- Passionate about health, wellbeing, and active living
- Empathetic, patient, and supportive approach
 - Builds genuine, trusting relationships
- Encourages confidence, independence, and community participation
- Reliable, positive, and motivated to make a meaningful difference

COMPLIANCE & CHECKS

- Working With Children Check
- National Police Clearance
- First Aid & CPR Certified
- BACHELOR OF PHARMACEUTICAL SCIENCE