



Jessica Connor

SUPPORT WORKER

Embrace the journey, trust the process, and create a life that reflects your passion, purpose and positive impact.

MY BACKGROUND

- Certificate in Massage Therapy
- Experience leading dance, yoga, and meditation circles.
- Experience with intellectual disability.
- Fosters 2 children
- I love reading and learning about new things e.g. somatic therapy, embodiment and trauma, all things psychology and spirituality!

I LOVE....

• My children	• Yoga
• Learning new stuff	• Meditation
• Growing kai	• Dance

THE ESSENTIAL QUESTIONS!

Question: If you could have a super power what would it be?

Healing touch

Question: If you could live anywhere else in the world where would you live?

I wouldn't want to be anywhere other than New Zealand. However, I would like to explore Australia one day.

Question: What is your favourite thing about people?

Their resilience : people's ability to bounce back from challenges and keep moving forward is truly inspiring.

Question: What is the funniest thing you have ever seen?

When our rescue pony would circle our snowman, then slowly peel his lips back to steal the carrot nose and run off bucking and leaping with joy.



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT