



Amanda Bindoff

SUPPORT WORKER

"I wanna ROCK!"

-Twisted Sister

MY BACKGROUND

- I hold a Shiatsu Therapy Diploma, a Yoga Teacher Certificate and an Internal Family Systems (IFS) Level 1 Certificate.
- I have 9 years experience, working in an Occupational Therapy based Mental Health Service for the Waikato DHB.
- My family members have struggled with Mental Health difficulties including Anxiety, Depression, and Dysregulation so I also have my personal experience of supporting them.

I LOVE....

• Learning	• Gardening
• Chocolate	• Playing Guitar and Singing
• Being with Family and Friends	• Being in Nature and in Water (Ocean, Rivers, Lakes).

THE ESSENTIAL QUESTIONS!

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

- It would be to be able to sleep anywhere at any time!

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

- If I could live anywhere in the world it would be in Canada.

Question: What is your favourite thing about people?

- That everyone is unique - a universe unto themselves - so endlessly interesting.

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

- Ace Ventura - Pet Detective.



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT