



MY BACKGROUND

- Level 4 Personal Training
- Level 4 Te Reo Maori
- Level 4 Whanau Ora
- Level 7 Business Studies
- I've been training people from rangatahi to koroua for 20 years
- I love learning, I've been on lots of courses both in the tertiary and holistic realms
- I've worked alongside rangatahi in schools, sports teams, youth prison and in the community
- I make amazing smoothies

I LOVE....

- | | |
|-------------|------------|
| • Coffee | • UFC |
| • Running | • Holidays |
| • Hot pools | • Te Reo |

Lukis Watts

SUPPORT WORKER

"Nothing beats a good nights sleep"

THE ESSENTIAL QUESTIONS!

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

Telepath - Professor Xavier

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

Thailand

Question: What is your favourite thing about people?

Laughing

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

My coach falling off the treadmill while wearing a sweat suit



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT