



# Sophia

## SUPPORT WORKER

"When the flower doesn't bloom, you fix the environment in which it grows, not the flower"  
Alexander Den Heijer

### MY BACKGROUND

- Cert Mental Health and Addictions Lvl 4.
- I'm studying to become a Mindfulness facilitator for Children & Adults.
- Peaceful Parenting Educator.
- Trained in Cultural Competency, Youth Mental Health - Eating Disorders and Foundations in ICAMHS 2&3, FASD, LifeKeepers, Trauma informed Care.
- I hold a current First aid and CPI Certificate
- As a support worker I am committed to seeing the best in the rangatahi I am supporting. I believe behaviour is communication, and therefore focus on connection, collaboration and work to understand their perspective, challenges, and needs. Ultimately my intentions are to provide a safe, seen, and supported environment.

### I LOVE....

- Time with whānau
- Supporting and mentoring
- Performing arts
- Cooking nutrient dense foods
- My Plants, and gardening
- Bush walking

### THE ESSENTIAL QUESTIONS!

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

- Len's shifter - the ability to use flexibility of mind to shift any of my own or others ideas or beliefs about a person or situation that doesn't serve to support the highest good.

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

- We're very settled living in Aotearoa, when we do move abroad we would like to live in Canada.

**Question: What is your favourite thing about people?**

- Their unique perspectives.

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

- That is so hard to pinpoint, everyday is hilarious as a parent. I love British comedies like The Mighty Boosh, and Black Books.