



MY BACKGROUND

- Experience working with youth helping them to develop strong relationships with whanau. Help young people connect with social services and build healthy connections. Understanding of the trauma informed approach in care. Organized recreational activities, encouraged participation, and help develop positive social interactions. Supported whaiora to reach short- and long-term goals. Modelled positive behaviors. Delivered individual support plans.

I LOVE....

- Connecting with nature
- Journaling
- Listening to music
- Taking my dog for walks
- Cooking
- Reading Books

Palak Preet Kaur

SUPPORT WORKER

"Try to be a rainbow in someone's cloud".

THE ESSENTIAL QUESTIONS!

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

- Empathetic and a good listener

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

- Europe

Question: What is your favourite thing about people?

- Positivity and kindness in people

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

- Comedy Movies



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT