



# PalakPreet Kaur

## SUPPORT WORKER

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

### 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
- Listening to music
- Cooking
- Journaling
- Taking my dog for walks
- Reading Books

### 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