



# Ella Hopkins

## SUPPORT WORKER

"We are not our thoughts" – John Green

### MY BACKGROUND

- I have a CPI Blue Card and First Aid certification
- Mental Health and Addictions Level 4
- I hold a Bachelor of Science, Majoring in Psychology.
- I have a high level of knowledge in mental health - I also have my own experience. I have been working in mental health and disability support since 2018, and I teach at the University of Waikato during weekdays.
- Currently I am in my second year of a PhD in Psychology.

### THE ESSENTIAL QUESTIONS!

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

Being able to pause time! I would never be late for anything, and I would always have extra time to finish things!

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

I would love to live in Kororareka in the Bay of Islands.

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

The ability to be empathetic, and the connections we can make.

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

My sister once tried to tell me that the "genie lamp" in her car was on and that she wasn't sure what that meant. It took about 10 minutes to figure out that she meant the oil light.

### I LOVE....

• Swings	• Vietnamese food
• My cats	• Having a nice sleep
• The beach	• Making jokes with whānau



**MINDFULL SUPPORT**  
GOOD PEOPLE. POSITIVE SUPPORT