



# Diarna Waru

## SUPPORT WORKER

Self talk is a powerful form of communication, it will either empower you or defeat you, lean into that kōrero and grow your self awareness.

### MY BACKGROUND

- I hold a Bachelor of Teaching in Early Childhood Education.
- I am a māmā to 4 teenagers/young adults. I worked as a teacher alongside tamariki and whānau for 12 years. I became a māmā at 16 years old so have experienced and overcome many different challenges through that journey.

### I LOVE....

- Nature Walks
- Good Kai
- The Gym
- Water
- My whānau which includes our dog
- A Good, Chill Day

I am also still in the process of learning about the different things I like.

### THE ESSENTIAL QUESTIONS!

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

- The ability to imprint on people's minds, their strengths and gifts so they could see and believe it for themselves (it can be challenging to see that)

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

- Somewhere with warm weather, golden sand and blue beaches that my family could also come to all the time

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

- Uniqueness and our ability to overcome challenges

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

- Oh I can't think of just one! I do watch compilation videos of dogs doing funny things on TikTok, they always have me in fits of laughter.



**MINDFULL SUPPORT**  
GOOD PEOPLE. POSITIVE SUPPORT