



# Ashleigh Close

## SUPPORT WORKER

"If its not going to matter in 5 years,  
don't take more than 5mins  
stressing out about it"

### MY BACKGROUND

- Professional Cookery Level 3
- Personal Training Level 4 & 5
- Health, Recreation and Wellbeing level 4
- Business & Project Management Level 4
- LCQ
- Personal Training Level 4 & 5
- 5 years experience in support work
- Raised in Oranga Tamariki
- Mental health awareness within and outside of whanau.
- Foster and respite care & supports for Tamariki

### I LOVE....

- Food
- Family
- Fitness
- Cooking
- Creating
- Learning
- Dancing & Singing and Raching!

### THE ESSENTIAL QUESTIONS!

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

Heal

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

Japan

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

Energy!!!

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

Me with my friends, safest space,  
funniest banter alive!



**MINDFULL SUPPORT**  
GOOD PEOPLE. POSITIVE SUPPORT