



Milton Lee

SUPPORT WORKER

"There's always a path to happiness"

MY BACKGROUND

- BA in Political Science; Postgraduate Cert in Public Health; Studying towards MBChB
- I'm studying to become a Mindfulness facilitator for Children & Adults. I am also Studying Te Reo Level 1
- My work experience includes Government and Corporate jobs with a focus on teaching, training, and coaching. However my friend group / community have been key in teaching me about being human; empathy, compassion, dealing with struggles, and finding the joy in life.

I LOVE....

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|--------------------------|--------------------------|
| • Slow time with friends | • Fast time with friends |
| • Dancing | • A good book |
| • Animals | • The beach |

THE ESSENTIAL QUESTIONS!

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

- Showing people a different perspective on themselves

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

- Wellington

Question: What is your favourite thing about people?

- Their capacity for joy!

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

- Silly dancing



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT