



MY BACKGROUND

- I hold a Certificate in Mental Health and Wellbeing Level 2.
- I also have a diploma in Therapeutic and sports Massage.
- I am a mum of two kids; they are 14 and 12 years old.
- I have been a support worker with Idea Services and NZ Care Disability for 7 years, then I went on to work at NZ Community Living, facilitating our Whānau Support contract.

I LOVE....

- Whānau; including our dog, cat and friends.
- Food! Especially from other countries.
- Being involved with my kids' schools, coaching sports.
- Travel! Love travelling the world and our backyard.
- Doing nothing; relaxing, watching TV, eating chips.
- Playing sports; rugby, hockey, indoor netball, handball.

Teri Tomoana

SUPPORT WORKER

"May the force be with you."

THE ESSENTIAL QUESTIONS!

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

- Giving people the empowerment and natural ability to make positive choices.

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

- If I could live anywhere, I would live in Samoa or the South of France.

Question: What is your favourite thing about people?

- My favourite thing about people is learning about their families, cultures and what things they like doing.

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

- In Samoa, my nanny was trying to stand up when she was paddling in the water at the beach but kept getting washed down when waves came. She was on her hands and knees and another wave came and as she was about to stand, the wave washed her up the hill! It was like a scene from a comedy and we couldn't stop laughing.



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT