



MY BACKGROUND

- I have a Diploma in Pregnancy, Child Birth and Early Parenting Education. With this I am qualified to run antenatal and postnatal classes, helping expectant and new parents navigate the world of birth, newborns and beyond.
- My experience includes providing antenatal and postnatal education and support.
- I am also a mama to two boys.

I LOVE....

- My Whānau
- The Beach
- Comedy
- Birth Stories
- Baking Sourdough Bread
- Hamilton - The Musical

Dana Struthers

SUPPORT WORKER

"What we know matters, but who we are matters more."

Brené Brown

THE ESSENTIAL QUESTIONS!

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

- If I could have any superpower it would be the ability to control the weather.

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

- I would love to live in Scotland to explore my Celtic roots!

Question: What is your favourite thing about people?

- My favourite thing about people is the power of their vulnerability and our innate drive for connection with others.

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

- My youngest son did an epic twist and roll when he crawled on a freshly mopped floor. Best thing was that I caught it on camera!



MINDFUL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT