

# Laura McCullough

## SUPPORT WORKER

"Life becomes a lot more meaningful when you realize you never get the same moment twice."

### THE ESSENTIAL QUESTIONS!

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

To Fly!

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

On a ranch in Texas

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

Their genuine and authentic personality traits

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

Impossible to give a single answer, I see something funnier each time I watch reels on Instagram

### I LOVE....

- Horse riding and motorcross.
- Trying new restaurants.
- Travelling
- Travelling. The beach and the forest.
- A bit cheesy, but where I am at in life right now.
- Spending time with my family, friends and partner.



### MY BACKGROUND

- Worked as a front line Constable in the Police for 1.5 years in Papakura.
- Level 4 studies for Mental Health & Addiction
- Placement at Tupu Ake in Papatoetoe, a peer led, short stay, acute alternative to respite.
- Worked as a Peer Support Specialist at Pathways, walking alongside whaiora and supporting them to learn new wellness tools, and find their hope
- I regularly attend trainings throughout the year to upskill and gain more knowledge to not only support others but my own wellness.
- I like to build strong connections and rapport with young people, due to my childhood and teenage years with mental health and obstacles, that has helped me become a stronger and compassionate person.



**MINDFULL SUPPORT**  
GOOD PEOPLE. POSITIVE SUPPORT