

Rebecca McGrath

SUPPORT WORKER

“Ehara taku toa i te toa takitahi,
engari kē he toa takitini.”

THE ESSENTIAL QUESTIONS!

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

- To be able to read people's minds!

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

- Edinburgh, Scotland

Question: What is your favourite thing about people?

- The way we are wired for love and belonging – and no matter how challenging life is, the way we are able to find humour and compassion in the middle of it all!

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

- I once saw someone lie on the ground, under a desk and begin doing pull ups from underneath the desk, while reading a book. Because his focus shifted on the page, he lost track of where the desk was and did a massive face plant into the desk completely by mistake. Was hilarious to watch...especially as he looked so confused as to how it happened in the first place!



MY BACKGROUND

- PG Diploma in Field Based Secondary Teaching
- Master of Life Coaching
- Master NLP Practitioner
- In home care for people with disabilities
- Teacher/Kaiako at Secondary Schools for 11 years
- Nanny
- Early Childhood Support Teacher

I LOVE....

- Cooking
- Dancing
- Hiking
- Walking my dog
- Learning
- Travelling



MINDFUL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT