

Hi! I'm Stef

I am a Mental Health Support Worker and I enjoy:

Music, walks & exploring, yoga, playing sport and cooking

In my leisure time I enjoy:

Spending time with family, getting out in nature and working out.

I have enjoyed studying a Bachelors degree in Applied Science Psychology (Honours) and a Bachelor of Social work and Social Science (Psychology). I now enjoy helping people to live their best life.

Wishing you all the best and I hope to meet you soon.

Stef S

