

Hi! I'm Chetna

I am a Mental Health Support Worker

I enjoy spending my leisure time painting and exploring the beautiful landscapes of Victoria. I approach life with a calm, mindful, and growth-oriented mindset, practicing meditation and responding to situations thoughtfully.

I am naturally curious, eager to learn, and always open to new opportunities, viewing every challenge as a chance for growth.

I am passionate about creative expression and the link between creativity, communications and mental health.

A motto I live by is "One who does good and makes a sincere effort never comes to an unfortunate end"

I have a Masters of Counselling, Rehabilitation and Mental Health

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

Chetna

