

Hi! I'm Nia

I am a Mental Health Support Worker and I enjoy:

*Music, going for walks and exploring, going to cafes,
yoga and watching movies.*

In my leisure time I enjoy:

*Yoga and meditation, reading books, exploring
hidden local spots and diving during the summer.*

*I have enjoyed studying a Bachelor of Psychological
science.*

I now enjoy helping people to live their best life.

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

Nia.

