



Jamie

support worker

About Me

I am very easy going & flexible, with a keenness to suit the needs of each client to the best of my abilities. With a love & interest of all things creative from music, visual arts, film as well as other interests extending to nature, history & culture.

Through my experience as a music teacher I refined the skill of cultivating a comfortable and compassionate environment, in which the clients' ability to learn and progress not only improved considerably but also often their sense of self-worth and confidence. In order to create this environment, i always aim to establish an empathic and trusting relationship.

My upbringing and other interests have always had a strong connection to matters of mental health and wellbeing. Initially through influence of my mother, who is a psychiatrist and an initiator of the practice of mindfulness and cognitive behavioural therapy in Australia, I became acquainted with meditation and the effects of self-talk in order to manage my own anxieties.

Clearances & Certificates

- Covid 19 Infection Control Training
- Police Clearance
- WWCC
- First Aid
- CPR

Experience

- Music Teacher with a focus on musical therapy
- McLaren Vale Winery
- Lead Singer and guitarist
- Modeling, New York and Hamburg

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