

Hey! My name is Alicia and I am 25 years old.

I am currently living and working in the Bendigo area, however, I am originally from Sweden and moved to Australia with my family when I was 14yrs old.

My disability support work started in 2019 where I provided support to participants with a variety of different support needs.

I also work as a fitness trainer. Working in the fitness area has allowed me to help people achieve their fitness goals which is something I find extremely rewarding. I have also been able to support people with disabilities within the fitness space and this is something I am particularly passionate about. I love seeing a positive difference with both my disability support work and my personal training.

As a support worker, I really enjoy getting to know my participants and having the opportunity to support their development and independence. I have a 'can do' approach, and i am willing to assist in any way that I can.

My support work experience so far has been with various participants who are living with ADHD, ASD and some mental health conditions.

As I am passionate about health and fitness so in my spare time you will find me at the gym, bush walking or cooking up a storm! I also love spending time with my friends and family.