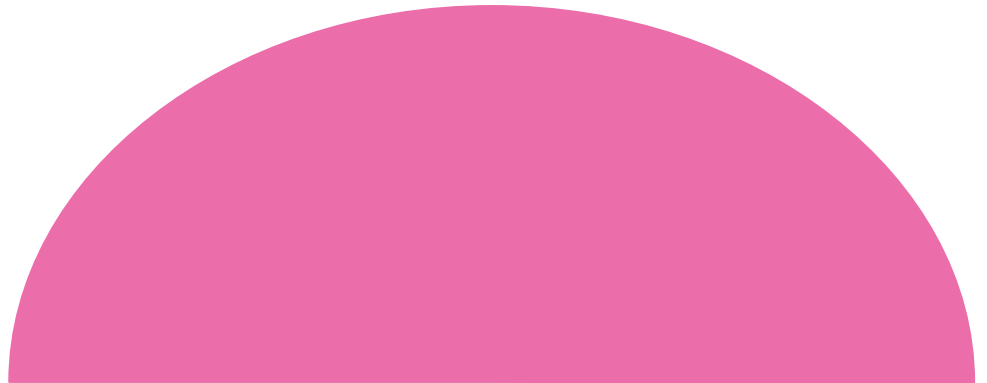


[Meet our team!](#)

# Aayat



**Q. Tell us a bit about what makes you, you!**

**A.** I thrive on problem solving and creating solutions that are truly tailored to each person's needs. I believe in empowering others to take charge of their own stories and break down the barriers that hold them back. Every day I'm inspired by the chance to make a positive, lasting impact.

**Q. What is your key skill / specialisation as a Coordinator of Support?**

**A.** As a Support Coordinator, my key strengths are listening, understanding, and helping others connect with the right resources they need to thrive.

**Q. Outside of work, how do you like to spend your time?**

**A.** Outside of work, I love spending time by the beach. There's nothing better than a long walk along the shore with a good caffeinated drink in hand. It's my favourite way to unwind, recharge and enjoy some sunshine and sea breeze.

**Q. What do you love most about your job?**

**A.** I love that each day offers a new challenge and knowing I'm helping someone achieve a better quality of life keeps me inspired.

**Q. What are your qualification(s) & experience?**

**A.** I have experience working in both the mental health and disability sector, and am qualified in both areas. I have a Diploma in Mental Health, Community Services and Psychology. I am also in the middle of completing a Bachelors Degree in Psychology and Psychological and Social Science. My background has given me a strong understanding of how to provide person-centred support, promote independence and help individuals achieve their personal goals.

**Q. What are your core values?**

**A.** My core values are respect, integrity and transparency.