



I joined the AKA in 2014 and am currently a Level 5 PKP Kinesiology practitioner. My experience of the new Diploma course structure provides me with a firsthand knowledge of how we are shaping our future Kinesiologists and how we can move forward professionally and supportively as a modality and an organisation. I was honoured this year (2019) to have my Thyroid case study published in the Summer issue of In Touch magazine. I am in the process of pulling all my skills into one place to create specific support for my clients and fellow practitioners, so watch this space.

My background and 'past life' of 18 years in teaching has taken me to the far-reaching islands of the Northern Territory, through to Darwin, into Alice Springs via a remote Central Desert community before rolling into the ocean breezes of Hervey Bay in Queensland. Currently I have my own clinic space in Hervey Bay and participate in quarterly events with a group of holistic practitioners. My planning, adaptability and organisational skills from small to large scale projects/events whilst supporting a variety of specific needs, abilities and language groups can be utilised for the AKA's wellbeing.

I provide weekly multi-modality art therapy programs to young people to assist them in creatively exploring how they want to be in the world. My Art Therapy training brings a sense of creative curiosity to balance out our linear life. Allowing me to explore solutions with fresh eyes for the future direction of Kinesiology through our felt sense and to gently fine tune how we feel into our profession of Kinesiology.

I embrace the future of heart centred business and for Kinesiology to be a part of that.