



## Lauren

Hello, my name is Lauren Attard. I have a disability myself but I don't let it get in the way what I want to achieve. I suffer from mental health issues and ADHD.

Growing up for me was tough but I always pushed my way through the hard times where I set my self-long goals and short goals to achieve.

I am in currently towards the end of completing a certificate 4 in community services. I believe my strong points in life are my organisation skills, and my communication skills which I am happy to help myself and others. I am also extremely out going and very understanding.

I believe that my best support would come in areas such as:

- Organising and helping people with a weekly routine
- Helping people build a reliance and confidence in public speaking
- Assisting and setting goals and how to accomplish them without being overwhelmed

I hope you make a decision and pick me as your mentor.