

BaBL
BUILD A BRIGHTER LIFE
Building brighter lives, together.

Simon Dewar

Hi, I'm Simon. I love helping people build confidence, develop independence and experience personal growth. My approach is person centred, practical and encouraging. I take the time to get to know you and work at your pace. I'm reliable, outgoing and comfortable working independently or alongside your wider support team. I'm a patient, adaptable and compassionate support worker who puts your choices, interests and goals at the centre of the support I provide.

CONTACT

0494 822 855
simon@buildabrighterlife.com.au
www.buildabrighterlife.com.au

LOCATION

I primarily work across the western, southern and central suburbs of South Australia and I'm happy to consider other areas. Give me a call and let's talk about what you're looking for and whether we're a good fit.

EDUCATION

Diploma of Business, Advanced Diploma of Policing, Diploma of Public Safety, Certificate IV in Personal Training and Certificate IV in Train the Trainer. I also hold First Aid and CPR qualifications, screening checks, a full driver's licence and access to vehicles. English is my first language.

INTERESTS

I enjoy classic cars, going to the gym, walking, stand-up paddleboarding, cooking, food & wine pairing and socialising with friends.

EXPERIENCE

I bring eight years' experience as an independent support worker, as well as experience caring for family members. My background includes more than 10 years as a police officer, supporting people experiencing mental health challenges and working with the community. For the past 15 years, I've also worked with people with autism and other disabilities in a gym environment. I've been a business owner for 26 years and a business mentor for 15 years. I welcome people of all ages and can help with:

- Mentoring, setting goals and building confidence.
- Community access, social connection and pursuing interests.
- Daily routines, domestic tasks, personal care and hygiene.
- Healthy lifestyles, exercise and movement.
- Study support and community participation.
- Appointments, organisation and advocacy.
- Practical mental health support and emotional regulation.