



## PETER KARTABANI

[COMPLEX NEEDS SPECIALIST]

COUNSELLOR / FINANCIAL COUNSELLOR

CRISIS SUPPORTER

We've grown our business with a clear focus of what we want to see in this world. Our experience has been built since 2009, of providing care and support to vulnerable and sometimes marginalised people in our community.

### **My strengths, gifts and talents:**

I have gained extensive skills supporting people feeling overwhelmed or having difficulty coping or staying safe. (Listening actively, reflection of feelings, paraphrasing, summarising, tentative challenging and much more). To listen without judgment and provide a safe space to discuss a person's needs, worries and concerns. To work with each person to explore options for support.

Over the years I have gained the Knowledge in understand trauma related clients, during which time I developed skills in the delivery of consistent, safe and high – quality behaviour support services that are focused on improving the well-being and quality of life of people with disability and complex support needs.

I have created relationships with many communities, organisations, business sponsors, stakeholders and government agencies - I understand that people may have different ways of communicating or performing tasks, so therefore we make certain adjustments to help people do things with greater ease.

**What is important to me?** What makes me happy or that I look forward to doing?

I am appreciative of my life – And look forward to supporting one person at a time. I am extremely passionate in supporting and /or advocating for people that may be going through their darkest moments. We all have a story to tell – I love hearing people's stories – while supporting them. I become part of their journey. That gives me a purpose of life and there is no better feeling. Volunteering at Lifeline – I have gained special skills to strive to be the best possible person that I can - that makes me happy.

**What supports do I need in order to be healthy and safe?** Firstly, my family are an amazing support network. This gives me the satisfaction, energy and mental ability to perform at my best every day. The support that I receive from Lifeline – self-reflection log, self-care plan and on-going supervisor supports are an integral part of my success and ongoing commitment. I live a healthy and fit lifestyle, while exercising and eating healthy options (most of the time).