



**INCLUSIVE  
SOLUTIONS  
AUSTRALIA**

**Jo**

**ISA Support Mentor - Hope Island**

## ABOUT ME

Hi, my name is Jo!

I have a daughter Maia who is 7 and love all things health and fitness. I love to travel, singing and music, and I love to catch a sunrise and sunset. I hope to bring my active lifestyle to my participants to help them attain enjoyment in their day to day lives!

**Interested in an ISA Support Mentor?  
Contact us today!**

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**ISA**

[www.isagroup.com.au](http://www.isagroup.com.au)

## EXPERIENCE

I am new to the disability support industry, but I have been working with people for the last decade through health and fitness. I am passionate about empowering people to live their best life and believe an active lifestyle is a great step towards that goal.

## EDUCATION & QUALIFICATIONS

- Blue Card
- Yellow Card
- First Aid + CPR

