

## Amanda Cuthbert

(Peer/Lived Experience Supervisor)



**Amanda supports people working in the lived experience and peer workforce.**

### Approach to Supervision:

Peer supervision can provide an opportunity to pause and reflect on our work within a collaborative, mutual, and non-judgmental space. Within peer supervision, Amanda believes in cultivating an environment where we can openly explore both the joys and challenges that arise from our lived experience. Her supervision approach is grounded in curiosity, compassion, and responsibility, providing gentle challenge and authentic support.

Amanda draws on her lived experience of mental health, neurodivergence, and queerness to respond to intersectional and dynamic emotions and challenges that arise from both work and life.

Amanda understands that lived experience/peer work is deeply personal work and values creating a space that invites honest reflection, self-compassion and shared growth.

### Experience:

Amanda has worked in mental health and community services for the past nine years, across various sectors, including government and non-government, homelessness, domestic and family violence, rural and remote, lived experience, NDIS, youth, alcohol and other drugs, inpatient, and urgent care. Amanda is dedicated to the development of innovative and peer-led community services that foster compassion, respect, equity, and accessibility.

In her spare time, Amanda enjoys social dancing, tinkering with analogue cameras, listening to music and podcasts, and spending time with friends and family.

### Fees:

Individual \$135 per 1-hour session.

For group supervision or workshops, please direct enquiries to Laura at CONNECTcare.

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