

What is your name?

Andrea Reed

What is your position with Roses in the Ocean?

Program Administrator

Why did you join Roses in the Ocean?

I was compelled to be involved in an organisation that not only helps people but makes change in the world, for the better.

What is the most challenging part of your job?

Not knowing what you need to know until you learn it.

What is the most satisfying part of your job?

Creating processes and structure.

What is your favourite self-care practice?

I love to colour in very intricate pictures and clean out cupboards.

Who inspires you?

My dad. I have a distinct childhood memory where we were reversing out of a carpark in a shopping centre and out of the rear view mirror, my dad saw an elderly lady unpacking her groceries from her trolley into her car. He pulled back into the carpark and got out to help the lady unpack her groceries, returned the trolley and hopped back into car. He didn't say anything as we drove away. To me that was a superhero act.

What inspires you?

Seeing small acts of kindness in the world makes me smile and want to be a better person. Seeing someone let a mother with a baby go ahead of them at the grocery check-out. Strangers that say "hi" to one another as they pass on a footpath.

When and/or where are you happiest?

Sunday morning breakfast. No matter what's happened during the week, we always take time to have a chill Sunday morning, prepare a big breakfast and sit around to eat, talk and laugh.

How do you know when you're happy?



When what you see, smell, touch and feel all come together to give you a sense of wholeness inside, but it's almost like a secret that only you know.

Which words or phrase do you most overuse?

"Well actually..."

What is your favourite word or phrase?

"Look how beautiful..."

What is your least favourite word or phrase?

"We need to talk"

How do you define success?

When what you've achieved makes you happy.

Do you consider yourself successful?

Yes, definitely.

What is your greatest fear?

Losing people I love.

What is your greatest strength?

Resilience.

What would you like to do better?

Listening and empathy.

What are your Words of Wisdom?

Everything in this life is about sowing and reaping.

