



**Job title:** Public Health Educator

**Current employer:** Ingeus

**Sector:** Public Health

**Tell us about your current role and organisation.**

Currently I work with individuals that have been diagnosed with prediabetes in the community. My role is to empower participants to change their lifestyle behaviours in order to reduce their risk of developing diabetes.

**What sort of experience do you have in this area?**

I possess a strong background in public health, with a focus on chronic disease prevention. My experience includes facilitating group training workshops, individualized coaching, and community outreach programs. I have successfully helped individuals understand their health risks and implement lifestyle changes to improve their overall well-being.



etes etes

**What are the biggest challenges you face**