# Bek Hosking

*Occupational Therapist*

**Master of Occupational Therapy**

Bek is a passionate Occupational Therapist who is committed to empowering children, adolescents, and adults to thrive in their everyday lives. She takes a strengths-based, neuro-affirming, and person-centred approach, working collaboratively with individuals and their support networks to build confidence, develop skills, and achieve goals that are meaningful to them.

Known for her warm, approachable nature and enthusiasm for helping others, Bek creates engaging and supportive therapy experiences that celebrate each person's unique strengths, interests, and potential. She values building strong relationships and believes that meaningful progress happens when people feel understood, encouraged, and empowered to be themselves.

Outside of work, Bek loves spending quality time with her family, enjoying competitive game nights, travelling to new places, learning something new, listening to music, and keeping an eye out for whales whenever she gets the opportunity. Her curiosity, positivity, and sense of adventure are reflected in both her personal life and her approach to therapy.

**www.fullerlifetherapyservices.com.au**

