



NWRH

Operating in over 50 communities across rural, regional and remote Queensland



Why did you Join NWRH?

I joined NWRH because it was a great opportunity to work with a well-established organisation supporting rural communities. I was really drawn to the chance to gain experience within an organisation rather than private practice, and the not-for-profit aspect was important to me. I'm passionate about supporting regional communities.

What does your role Involve Day to day?

When I'm not on outreach, I work from home providing clinical counselling appointments. When I'm travelling for outreach, my days are a bit more varied, in addition to providing face to face clinical counselling, I also meet with stakeholders, attend community events, and support the allied health team where needed in the communities I visit.

What has been your biggest achievement or proudest moment at work?

One of the most rewarding moments is when a client tells me they no longer need to access the service because their situation has improved. Knowing they feel confident moving forward and they can access support again if circumstances change, is incredibly meaningful.

What has your career pathway looked like?

My career pathway has been quite diverse. I started in community welfare work, then moved into accounting and finance working in various industries with most focused on rural and remote communities and farming sectors. In that time, I decided to study massage therapy and nutrition and diet health. My last role before joining NWRH, was working for the Department of Defence supporting members with chronic and acute mental and physical health concerns.

What do you love about NWRH?

NWRH is a very people-oriented organisation. There's a strong focus on not only providing meaningful services to the community, but also on the wellbeing of employees. In the regional areas where I work, the team feels more like a family, which makes a big difference particularly when you're FIFO.

What advice would you give to someone new starting at NWRH?

If you're relocating, I'd encourage you to get involved in community activities that you enjoy. Keep an open mind, you'll learn a lot from both your peers and your clients. There's so much to gain from the support available within the organisation and from working alongside different disciplines.





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What do you love about your location?

I'm based in Southeast Qld and travel to Longreach and the Central West every 2-3 weeks. Having lived in Central QLD before, I know it's a wonderful place to work and live, and the Central West community really makes it feel like home. I feel really privileged to come back and support these communities.

What do you enjoy doing outside of Work?

Outside of work, I enjoy hiking, yoga and camping/travelling. I also support the annual "Long Drive for Drought" in our 40 Series Landcruiser, raising funds for Farm Angels. I've recently taken up woodcarving, which is challenging and rewarding, and I enjoy refurbishing antique furniture.

