



# NWRH

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



### Why did you Join NWRH?

The main reason I joined NWRH was its focus on supporting remote communities, building local capacity through upskilling, and working to prevent and reduce chronic conditions. This purpose closely aligns with what I have always wanted to contribute to.

### What does your role Involve Day to day?

My role is very diverse. I see clients throughout the day, often with back-to-back appointments depending on the schedule. I create recipes and resources tailored to clients' goals, plan therapy sessions, and complete administrative tasks such as case notes and NDIS reporting. The role also involves regular travel to Cloncurry, Julia Creek, and Camooweal.

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

Seeing clients progress in managing their symptoms and improving their health has been very rewarding. It has also been incredibly fulfilling supporting people to make lifestyle changes that enhance their quality of life, and being part of that journey.

### What do you love about NWRH?

I really value the team I work with. Everyone is approachable and easy going, and there's a great sense of support. There are often social activities organised outside of work, and I always feel included. I also appreciate the flexibility in my schedule and the organisation's support for professional development, which I've been able to utilise.

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

Be prepared to be flexible. When travelling to communities or doing outreach, plans and schedules can change frequently, so adaptability is essential.





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## What do you love about your location?

It's a small community where everything is only about five minutes away and there's no traffic. This gives you plenty of time before and after work to do other things

## What do you enjoy doing outside of Work?

In my free time, I enjoy staying active and play volleyball and badminton a few times a week. It's a great way to socialise with people in the community while also keeping active.

