



# NWRH

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



## Why did you Join NWRH?

Having spent time in Richmond as a child, I developed an understanding of the challenges faced by rural and remote communities in accessing healthcare. After working in a regional city, I joined NWRH to be part of delivering care where it's needed most. The diversity of the role, opportunity to build strong community relationships, and the unique beauty of the outback were all big drawcards.

## What does your role Involve Day to day?

As a Senior Exercise Physiologist, my role combines clinical work, program development, community engagement, and supporting other clinicians. I work with a wide range of clients managing chronic conditions and injuries, while also mentoring staff, contributing to the

New Graduate Program, and supporting service delivery across multiple communities.

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

A highlight has been accepting the Outstanding Contribution to Rural and Remote Healthcare award for the Cardiac and Pulmonary Rehabilitation program. It was incredibly rewarding to be part of a service that made a meaningful difference, particularly in areas with limited access.

## What has your career pathway looked like?

My pathway into Exercise Physiology followed a diverse background in the military, security, logistics, refugee support, and teaching yoga in a drug and alcohol setting. These experiences built a strong foundation in leadership and supporting vulnerable communities, which I now apply in healthcare. In my senior role, I'm also passionate about supporting the development of future clinicians.

## What do you love about NWRH?

I value the variety in the role and the strong sense of purpose that comes with working in rural and remote healthcare. Being part of a multidisciplinary team and contributing to meaningful outcomes in communities is incredibly rewarding.

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

Be open, adaptable, and willing to ask questions. Rural and remote work can challenge you, but it's also where the most growth happens.





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## What do you love about your location?

I love the landscape around Mount Isa; the red dirt, rugged ranges, and the way it transforms through the seasons. It's a raw beauty that you quickly grow connected to.

## What do you enjoy doing outside of Work?

I'm a huge Formula 1 fan and plan my weekends around the races, even cooking dishes inspired by each host country. I also try to stay active and have recently taken up dance lessons.

