



NWRH

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



Why did you Join NWRH?

I hadn't worked in this field before, but moving to Mount Isa felt like stepping into a place of opportunity. Having lived in a remote and disadvantaged community myself, I understand some of the challenges people face in places like the discrete communities we work with. When I heard about the wellbeing clinician role at NWRH, it really resonated with me. I wanted to be part of work that makes a difference. I'm passionate about supporting people to feel heard and understood, advocating for those who may struggle to advocate for themselves, and helping others see things from different perspectives.

What does your role Involve Day to day?

No two days are really the same, which is one of the things I enjoy about the role. A big part of my job is supporting and guiding our team across different locations, helping them feel confident in the work they do and making sure we are delivering our programs in a way that genuinely benefits the communities we work with. I work closely with staff to encourage and support them, help coordinate our services, and ensure we are meeting program requirements and community needs. I also connect with other organisations and services, and travel regularly to remote communities like Doomadgee and Mornington Island to support our team and strengthen relationships with community.

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

One of the most rewarding aspects of my role is seeing the Wellbeing Team grow in confidence and work well together. Creating an environment where people feel supported, valued, and empowered, allows the team to work seamlessly, support each other through challenges, and deliver strong outcomes for communities we work with. Seeing the team succeed together and knowing we're making a positive difference is something I am incredibly proud of.





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What has your career pathway looked like?

I began my journey with NWRH as a Wellbeing Clinician, and after a year and a half, I was promoted to Senior Wellbeing Clinician, which was something I was proud to have earned through the work I was doing.

At the beginning of 2025, I stepped into the Team Leader role, taking on more responsibility for guiding and supporting our team and programs across multiple locations. Working in remote communities means you often wear many hats. Within my time with NWRH, I have found myself doing a bit of everything – from supporting community events by showcasing my BBQ'ing and sandwich making skills, to helping clean centres, transporting elders, families, young people, and even jump-starting cars or changing tyres when needed.

It's all part of the job and part of supporting community. Every role, big or small, contributes to building trust, showing up for people, and making sure our services are accessible and welcoming

What do you love about NWRH?

It's an organisation that encourages growth and gives the opportunity to self-develop while being part of something meaningful.

Since I first started, I have seen the wellbeing team grow from around three Wellbeing Clinicians to about fifteen, and we've expanded from delivering just a couple of programs to now supporting communities through many more. Being part of that growth and seeing the impact our team is making in the communities we work with has been incredibly rewarding.

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

Be open and honest about how you're feeling, don't keep things to yourself. Everyone has the right to speak up, and your voice heard. Don't be afraid to share your ideas or raise concerns.

Good communication is key to feeling supported and making a positive impact within the team and communities.





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What do you love about your location?

Mount Isa is a place full of opportunity. If you're willing to roll up your sleeves, work hard and get involved, there are many chances to find meaningful work and grow both personally and professionally.

There is also a strong sense of community, someone is always willing to lend a hand or have a yarn.

I also love the diversity of the community. There are people from all different backgrounds living and working here. Aboriginal communities, as well as Maori, Pacific Islander, Sri Lankan and many others. That mix of cultures brings so much knowledge, stories and connection to the town.

What do you enjoy doing outside of Work?

With only two days off a week, I mostly try to keep things simple. I enjoy spending quality time with my family, relaxing, and cooling off in the pool – usually with my dog not too far away. When I get a bit of quiet time, I also enjoy a bit of online browsing and shopping. Sometimes it's just nice to slow down and recharge before the next busy week begins

