



NWRH

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



Why did you Join NWRH?

I was born and studied in Brisbane, where I completed my degree. I was looking for something a little different and was really drawn to the opportunity to work in a rural and remote setting. Joining NWRH felt like a chance to grow both professionally and personally while making a meaningful impact in communities that really value accessible healthcare.

What does your role Involve Day to day?

No two days are ever the same in my role, which is something I really enjoy. There's quite a bit of travel involved, and I have the opportunity to meet and work with a wide range of people and communities. Working as an exercise physiologist in a remote setting challenges me to think creatively about how I deliver care and tailor programs to suit each individual and the resources available.

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

One of my proudest moments has been looking back and seeing how far I've come since I first started. Spending time in the community has helped me better understand what people need, and it's been really rewarding to see the positive changes that come from building those long-term relationships and learning along the way.

What has your career pathway looked like?

I started with NWRH as a new graduate and then progressed into a clinician role. That progression has given me the opportunity to contribute to initiatives and programs, identify gaps in services, and help shape how the role can evolve to better support the communities we work with.

What do you love about NWRH?

The team dynamic at NWRH is something really special. There's a strong sense of support and shared purpose, and everyone is committed to improving access to healthcare for rural and remote communities. I'm proud to be part of an organisation that stands for making a real difference, even when the broader healthcare system can present challenges.

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

My advice would be to jump right in and embrace the experience. It's a welcoming and supportive environment, and there's plenty of opportunity to think creatively in your practice. Working in rural and remote health really allows you to grow and make a genuine impact.





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What do you love about your location?

I love the lifestyle that comes with living on “Longreach time.” It’s a close-knit community where you get to know people both inside and outside of work, which adds a really personal element to the job and makes the work feel even more meaningful.

What do you enjoy doing outside of work?

Outside of work I enjoy staying active, playing community sport, spending time with friends, getting out with my dog, and making the most of time by the river.

