



NWRH

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



Why did you Join NWRH?

I chose to join NWRH because of its strong reputation and the positive impact it has within the community. I had also heard consistently great feedback from previous colleagues and the opportunity to contribute to something purposeful, made it an easy decision for me to want to be part of the team.

What does your role involve Day to day?

Day to day, my role involves supporting clients to better understand their thoughts and behaviours and helping them develop practical strategies to improve their wellbeing. Most of my time is spent in client appointments, along with case management for out-west clients, which includes linking them with other services.

I also do monthly outreach to communities such as Greenvale, Mount Surprise, Georgetown, Forsyth and Croydon. Previously, I provided outreach to Mackay and Cardwell as well.

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

My biggest achievement has been building strong rapport with people in the lower gulf communities. It took time, but through being consistent, persistent, and following through on my word, I was able to build trust and meaningful relationships.

What do you love about NWRH?

What I love about NWRH is the opportunity to build community and help fill gaps alongside local community members, such as through running workshops and other initiatives. My role is quite varied, which allows me to do this in a meaningful and flexible way.

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

My advice would be to be kind to yourself as you settle in, and don't hesitate to reach out for support when you need it.

What do you love about your location?

What I love about Townsville is the weather, the relaxed lifestyle, and being close to my family.

What do you enjoy doing outside of Work?

Outside of work, I enjoy spending time at home, especially gardening and cooking. I love working in my veggie garden and relaxing with my dogs.

