



NWRH

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



Why did you Join NWRH?

I joined NWRH as a new graduate because I knew I wanted to work in a rural setting, and I felt that NWRH would give me the opportunity to do that. It also seemed like the right place to build my confidence and grow professionally, with the support needed to succeed early in my career.

What does your role Involve Day to day?

My days can look very different depending on where I am. I often travel to rural communities and usually start early. I run group exercise classes, gym-based sessions, and sometimes pool or recreation classes. I also provide one-on-one therapy sessions, follow-ups with clients, and spend time developing resources to support the communities I work with.

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

One of my proudest moments has been seeing how much I've grown in such a short time. I've developed confidence in my work much faster than I expected and have learned how to manage a wide variety of clinical situations and clients.

What has your career pathway looked like?

I started as a new graduate and have gradually taken on more responsibility as my confidence and skills have grown. I'm currently working through my fourth year as an Exercise Physiologist and continuing to build my experience in rural health.

What do you love about NWRH?

I really value the flexibility, the supportive team environment, and the variety in my work. There are also so many opportunities to learn and keep developing professionally.

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

Be flexible and open to working in different environments. Rural health can be quite different from university placements or private practice, and it often comes with unique challenges. But if you're open to the experience, you'll learn a lot and have plenty of support along the way.





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What do you love about your location?

I love that I get the best of both worlds. I'm able to travel out to remote communities for work, but I also still have access to the city and the beach.

What do you enjoy doing outside of Work?

Outside of work I enjoy staying active. I like working out, playing field hockey, and going for runs.

