

NEWSLETTER

Edition 6

1st April 2026



Welcome!

Wowee! March, you did not disappoint!

We are one-third of the way through the year already and what a great moment to stop and reflect, find peace and gratitude for all the cumulative moments so far.

If I had to summarise this month in one word, it would be organised! I finally feel on top of a few projects and those mundane administrative tasks that I kept putting off, which now I feel a lot lighter for and have greater cognitive capacity to focus on the work I actually enjoy the most – supporting clients and connecting with the community.

I must confess, that there is a heavy energy that seems to be looming regarding what's happening around the world, politically, socially and economically which of course for us in the Pilbara, can be felt a lot more when this energy is coupled with isolation. I am concerned about the impact these affairs will have on our community as time unfolds and I have a lot of thoughts on this that will be shared in an upcoming blog on our website. However, I am confident that with the education we have about early intervention and with the support of our local businesses and organisations that specialise in mental health and wellbeing, we can get on the front foot of the impacts these affairs may have on us.

Returning to a brighter note, we have spent this month surrounded with great people in our Karratha and Onslow community, we've stepped out of our comfort zone with our branding thanks to Binee from Brands by Light and Lens, continued to connect with our clients and prospective new ones and other community partnerships we are looking forward to sharing more about with you soon.

Wishing you a fulfilled April! See you in the next edition.

Brooke,
Founder of Empowered Wellbeing Services



What's Been Going On?

We've loved March! The month started with two beautiful celebrations for International Women's Day events hosted by KDCCI and OCCI respectfully. Each event saw a micro-community of women come together to recognise their strengths and the importance of support when faced with challenges; either personally or professionally. We were lucky enough to observe keynote speakers who were relatable, compassionate and knowledgeable in various matters that women experience. Despite the challenges, each event had a positive and busy energy from these women to navigate challenges and celebrate their wins. Thank you to both chambers for providing these opportunities for the women in the Pilbara to be inspired to support the wellbeing of themselves and others. These events are not easily put together, so I appreciate all the effort to make them happen.



Celebrating International Women's Day 2026

We've also been building our partnerships with Triple M radio and OCCI to highlight wellbeing matters in the community and working on projects to respond to these which is exciting to be part of. Over the coming weeks we will share more details of the events and projects that we are working on.

We've celebrated Harmony Day through a variety of initiatives through the City of Karratha and Aspen Living. These events were carefully planned and saw a great turn out from the community to celebrate cultural diversity and inclusion and all the

wonderful contributions different cultures bring to our community such as food, entertainment and cultural education. Cultural diversity and inclusion should be prioritised and intentionally respected in the workplace to provide a physical and psychologically safe workplace for those who service our community through the workforce. We encourage workplaces to celebrate Harmony Day, but we'd like to see this honoured every day at work!

We engaged in professional learning and networks thanks to the various KDCCI events this month (Business After Hours, Breakfast Briefing and Chamber Connect), which we value so much.



Donna Wilkinson (Dunnart), Sharon Leyland (X-treme Edge), Brooke Josephsen celebrating the opening of Impact Digi's new studio

We've wrapped up some client projects and wellbeing programs and have commenced new ones. This has been a great privilege to see these unfold and we love being in the stage of planning upcoming workshops for our clients. The fun and exciting energy these bring us is our driving factor and we are taking that energy into April with us!

Community Spotlight!

Anna Jarvie is featured as our community spotlight segment this month as the owner of Aligned Health & Lifestyle! Based in Karratha, she works with individuals and organisations to improve health through tailored nutrition coaching, meal planning and wellness education. Drawing on her background in hospitality, food and personal wellbeing, she offers practical, supportive programs designed to help build a healthier, more balanced relationship with food and lifestyle habits.

What originally brought you to the Pilbara and what made you stay?

My husband got a job opportunity we would have been silly to turn down. So, we packed up our Broome life, loaded the car, and drove to Karratha not really knowing what was ahead.

What surprised us most was the people. The community here is welcoming. People help each other. They show up.

At the same time, I was finishing my studies and starting my business and the Pilbara ended up being the perfect place to build something meaningful and support the local community.

What do you think people outside the region misunderstand most about life here?

Many people think it's boring, isolated, and that there's nothing to do, but the Pilbara is more than a mining region. It has strong communities, events, local businesses, and people who genuinely care about where they live. Once you become part of it, you realise how connected it is.

What's something the Pilbara has taught you about resilience?

The conditions can be tough. The heat. The long hours people work. The distance from family.

But living here teaches you to adapt and keep moving forward. You realise very quickly that you are capable of more than you thought.



Anna Jarvie, Founder of Aligned Health and Lifestyle

Regarding health and wellbeing, what do you think we still avoid talking about in the Pilbara?

A few things still sit under the surface.

- Mental health, fatigue, burnout
- Drinking habits
- Poor eating patterns during long shifts
- Avoiding regular health check-ups

People often push through until something breaks, but health works better when we deal with things early.

What does vulnerability look like for you now, compared to earlier years?

It feels different now. Earlier in life you often feel like you need to prove yourself and keep everything together. Becoming a mum changed that for me. It softened things.

I'm more open about the realities of life and business, and I see vulnerability as strength rather than weakness.

What emotional weight comes with the work you do that people don't see?

People often share the parts of their life they don't show anyone else. Their struggles with food, burnout, stress from work and family. You carry those conversations with care. It's meaningful work, but it also reminds you how much pressure many people are under.

What's the cost of "just pushing through" in your line of work?

Eventually the body pushes back.

I see it all the time. Burnout gut issues, poor sleep, weight fluctuations and low energy and mood

You can ignore the signals for a while but the longer you do, the harder it becomes to fix.



What boundaries have you had to learn to put in place?

Running a business and supporting people's health can easily turn into working all the time and had to learn to protect my time by prioritising family time, time away from my phone and time to look after my own health

You can't guide others if you're completely depleted.

What's something leaders often get wrong about wellbeing?

They think a one-off wellness talk fixes the problem. Wellbeing needs culture, not just a presentation. If people are overworked, under-rested, and constantly stressed, no fruit basket or step challenge will solve that.

How do you model healthy behaviour without feeling like you have to be perfect?

I show the real version with healthy habits but also the reality of real life. No one eats perfectly every day. No one gets everything right all the time. Consistency matters more than perfection.

How do you want people to feel after interacting with your business?

Clear, Supported, heard! Like improving their health is actually possible without extreme rules or pressure.

What kind of impact do you hope your work has on the community?

I want people in the Pilbara to feel stronger in their bodies and minds and learn how to put their needs first so that they can show up the best way possible!

When people feel well, it impacts everything – families, workplaces, communities.

What advice would you give your younger self about mental health?

Slow down and ask for help sooner. Set some boundaries and standards for yourself personally and professionally.

You don't have to figure everything out alone. Taking care of your mind is just as important as taking care of your body.

How can people support your work or connect with you?

The best support is simple. Get in touch. Show up. Come to a workshop.

Share the work with someone who needs it. Communities grow when people talk about it. Message me on socials or send me an email I am always up for a chat!

Where can readers find you or learn more about what you do?

You can find me through Aligned Health & Lifestyle.

I run nutrition coaching, community workshops, and corporate wellbeing sessions across the Pilbara. Online and in person.

Readers can find out more about my meal planning workshop services through these links:

<https://www.annajarvie.com.au/meal-planning>

<https://www.annajarvie.com.au/corporate-wellness-workshops>

Most updates and resources are shared through my website and social platforms where people can learn more or get in touch.

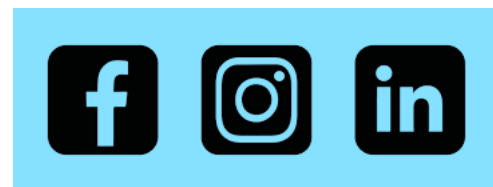
What's Next?

April is shaping up to be a month of intentional movement behind the scenes which is necessary and important right now. It gives us room to stay close to our current clients, strengthen the quality of what we're delivering, and continue developing programs that are thoughtful, evidence-based, and genuinely responsive to workplace and community needs.

A major focus for us this month is program development and refinement: building out ideas, strengthening content, and ensuring what we offer continues to meet the real pressures, priorities, and wellbeing needs we're seeing across industries and

We also have limited availability across April for workshops, leadership development, and program development, with current dates available on the **8th, 15th, 17th and 22nd of April**. If you've been thinking about engaging support for your workplace or team, this is a great time to start the conversation before the coming months fill quickly. As always, we're committed to doing this work with intention and we're excited about what's continuing to build in the background.

Follow Us!



HOTLINES

Lifeline – **13 11 14** (24/7 national crisis support)

Beyond Blue – **1300 22 4636** (24/7 support for anxiety, depression)

Suicide Call Back Service – **1300 659 467** (24/7 telephone & online counselling for suicide)

MensLine Australia – **1300 789 978** (24/7 support for men)

Kids Helpline – **1800 55 1800** (24/7 support for ages 5-25)

Indigenous and regional: 13 YARN – **13 92 76** (24/7) for Aboriginal & Torres Strait Islander crisis support

Rurallink - 1800 552 002 (4.30pm – 8.30am weeknights 24 hours at weekends and public holidays)

