

EMPOWERED WELLBEING SERVICES



August NEWSLETTER

Community Spotlight: Georgia McSweeney

2026

Empowered Wellbeing Services



Welcome to August

Hello!

It's that time again to reflect on last month - July! I had the most chaotic but epic month and I loved it!

In between working on upcoming workshops and client projects, I continued to connect with community leaders, lead professional learning workshops, was afforded an excellent opportunity for business exposure at the Rio Tinto Buy Local Suppliers Expo, speak on a podcast and continue my professional learning at the KDCCI Business Bootcamp!

Although July was action packed, it didn't come without it's challenges. Balancing all the other hats I wear wasn't easy, but I did it - thanks to my family, friends and business colleagues.

This month's community spotlight is Georgia McSweeney. Yard Train Driver at Rio Tinto (Cape Lambert) and Variety Bash advocate, championing fundraising for sick, disadvantaged and disabled children. She is an absolute legend to our community!

Happy August, everyone!

Brooke Josephsen



“ I feel very seen this month, for the good things and, the hardwork behind the scenes. ”



What's Been Happening?



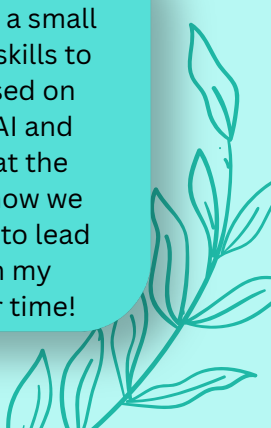
I was fortunate to be invited to be a stallholder at the Rio Tinto Buy Local Suppliers Expo, which offered great exposure to the community and other businesses and industries. The highlight of the day was the insightful conversations about psychosocial risks, the challenges leaders are facing responding to these and the impact on the community if we don't. Neurodiversity, working mum's, leadership capability and capacity were common themes discussed and of concern for leaders. Now, it's about working out how they can action support in their industry context. Thank you Rio Tinto and the Procurement Team for this opportunity, it's been extremely valuable.



Another invitation this month was to speak on the *Matrescence at Work* podcast, hosted by Deborah Graham. I was approached to share my experience of matrescence and being a working mum. This is essentially what made me hit the trigger on changing my career and starting the business. I am deeply passionate about this topic and love having conversations with leaders about working mum's, particularly those returning to work. The literature shows that working mum's are the most valuable employee because their brain has undergone such rewiring, their ability to multi-task makes them more efficient than other employees. But... how leaders support working mum's so they benefit from this level of productivity without burning them out to the point they aren't productive is the question and it's an increasing psychosocial risk in the workforce.



I attended by second KDCCI Business Bootcamp and gained so much from this event. As a small business owner, these professional learning opportunities offer content, resources and skills to be contextualised to our business without leaving town. The topic trend this year focused on 'change' which as a business owner, you have to accept there is a lot of. The change in AI and how it shapes jobs and roles is being experienced by all and it's exciting and daunting at the same time. Change in business direction, change in services, change in leadership and how we manage teams and individuals. The event provided practical knowledge and skills for us to lead and adapt change in our businesses. For me, I am experiencing the need for change in my marketing and how clients respond to it. This bootcamp couldn't have come at a better time!



Community Spotlight

Georgia McSweeney

Yard Train Driver & Variety Bash Advocate



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

I think when I first told all my friends I was relocating to the Pilbara they thought I was crazy, but the lifestyle up here is so misunderstood. They all thought I was moving to the middle of the outback with nothing to do, but in reality it's been the best thing I've ever done. They've been shocked with the things I get up to here from camping on the coast, to attending the Cossack Gala Art Awards and everything in between. I think I've surprised everyone with how I've embraced the lifestyle up here. I'm very much one to say yes to everything, at least once, to see if it's for me. I enjoy the quiet life and the work-life balance a lot more being residential vs being fifo like I was before.

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

I feel like I handle my job quite well, but I think might be my biggest downfall is that I show on the outside that I'm fine, but I'm slowing learning to put my hand up when I'm needing a little help. It's a huge responsibility being in control of such large equipment so it's important to take a step back occasionally and remember just how much risk my role can carry, and just to reset myself at the start of every swing is something I've implemented this year and it's been a great strategy to helping me manage the pressure of the high-risk aspect of my role.





Community Spotlight

Georgia McSweeney

How do you personally separate caring deeply from carrying too much?

I adapt the mentality of: 'if it's not going to bother me in 5 years don't spend 5 minutes on it', and I really try to live by that. I let myself to have a few minutes on the issue at hand but not dwelling on it and carrying it around mentally is refreshing.

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

Train driving is a high risk job and when not taken seriously enough, it has sever repercussions. Pushing through fatigue or other problems, the result can be catastrophic.

Taking a step back and resetting is so important and putting your hand up when you're not 100% needs to be done more often.

How do you recover after a heavy day?

I really enjoy taking my dog, Bruce, to the beach after a big day at work and just walking along the tide line listening to the ocean. For 27 years I lived so far from the beach so it's been such a welcomed change to have the beach 5 minutes down the road.

What's something leaders often get wrong about wellbeing?

It definitely feels like a tick the box culture sometimes and it feels like meetings are had because it's a requirement, not because they're actually wanting to do it, and that LIF's are done because it's a KPI to be met. I think having more knowledge of the industry and how to actually respond to the needs of the workers in that industry would help immensely and having compassion with things we deal with on a day-to-day basis.



Community Spotlight

Georgia McSweeney

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

My job itself isn't a community based one and I think that's why I'm so heavily involved with the *Variety WA* charity and the Bash. When I can, I'm always doing community events to showcase and fundraise money for *Variety WA*. I've seen first hand how my efforts go directly back to the kids, even though it's a Perth based charity, they're very supportive of the Pilbara and did a donation drive in 2024 that saw them donating to Roebourne Primary school and heading further north to the Kimberley to support where possible. *Variety WA* is the children's charity of WA and has recipients of the grants all over the state. The value and impact my 7+ years with the charity has had on the community, is very close to my heart.

How do you create psychological safety in your business or team?

At least once a month, I'll bake or cook a meal for my team and I think that gesture really boosts crew morale. It's just something small I can do that puts a smile on the crew's faces. I know it's not much but it's something I can do easily and from that, I feel it makes me a safe person to be approached when someone in my crew is needing support.

What would you love to see more of in this region?

More support for charity events and fundraising. I am keen to see some of the major companies and more individuals jump on board to help individuals like me get around supporting charities, like *Variety WA*. Providing support for fundraisers is crucial for resources to be shared further for our community. Being part of a charity creates purpose, meaning and identity so I encourage anyone to get involved where you can with a charity.



Community Spotlight

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“The smallest action can have the greatest reward.”

DONATE TO OR FIND OUT MORE ABOUT VARIETY WA

 **pilbaravariety**

 **<https://varietywabash.com.au/georgia-mcsweeney>**



Looking ahead to August

August is going to be exciting! Here's a sneak peek at what's ahead...



Guest Speaker

I've been invited to be a guest speaker for a panel discussion, focusing on business and psychosocial risks in the workplace.

I'm excited to be part of this and share more details soon.



Finalising Projects

I will be wrapping up the planning for upcoming projects and workshops, moving in to the next phase of the project management.

I am looking forward to seeing these plans come alive over the next few month.



Thank you!

for being part of our community
Together we're creating healthier workplaces
and healthier communities.

SEE YOU NEXT MONTH!



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