

EMPOWERED

WELLBEING SERVICES



June

NEWSLETTER

MID-YEAR REFLECTION
COMMUNITY WELLBEING

JUNE 2026



Empowered Wellbeing Services

Welcome to June

Welcome to June's newsletter!

Mid-year already! We all know that the second half of the year is the fastest, are you ready?

June summed up for us, was consistent. With our routines, our projects and everything operating behind the scenes. Balancing competing priorities was a challenge, but the consistency of routines and planning made it easier.

We caught up with new clients, we've reconnected with the Onslow community, we've started to plan out the rest of the year with various projects and campaigns. If I'm honest, I'm impressed we've squeezed so much in.

June feels like a real turning point and I am so grateful to be sitting in this space and taking a moment to reflect on it. I hope you take a moment to reflect on the mid-year mark and what's ahead for the rest of the year!

As always, I hope you enjoy this month's newsletter and look forward to updating you in the next.

Brooke Josephsen



“Consistency isn't about perfection. It's about showing up.”



What's Been Happening?



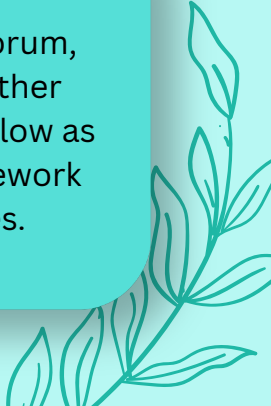
This month, I felt it was time to engage in some mentoring for myself which came out a pivotal time navigating the business, my leadership role and life really. I was reminded of what's most important; governance and the health and safety of those I lead and am responsible for. Exactly what I live and breathe. It was a nice reminder of what I already know to be true is true! The reaffirmance has continued to guide the rest of my month and the decisions made.



Attending KDCCI's Business After Hours, hosted by Saipem-Clough this month was great to see the development of the new workers camp and the resources provided to make life away from home as comfortable as possible for their residents. I've also appreciated time spent with Carly Neundorf from Grow Local, and her advice and support with upcoming projects and events.



I made a quick trip to Onslow for their Onslow Wellbeing and Wellness Forum, organised by the Onslow Chamber of Commerce and Industry, joining other small businesses from Karratha to showcase our services available to Onslow as well. It was great to present to the community our services, values, framework and vision to help create healthy workplaces, for healthy communities.



Community Spotlight

Zane Macdonald

Founder of QUANTAINIUM

What's something about you that surprises people once they get to know you?

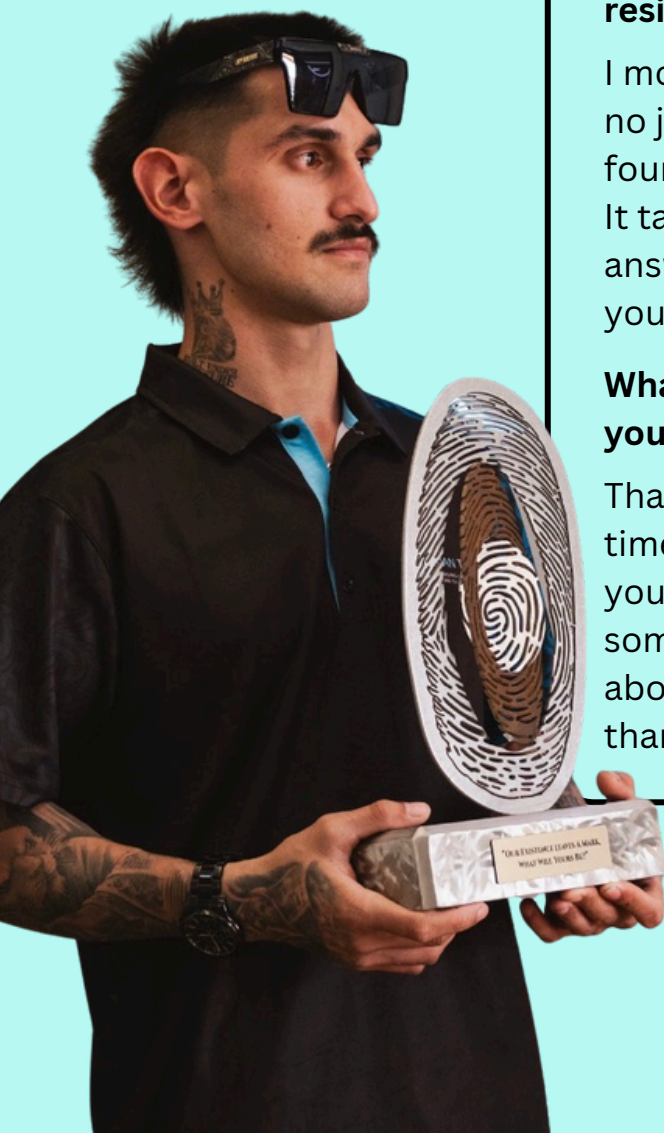
People are often surprised by how much thought sits behind the work I create. On the surface, they see a welder, a business owner, or a sculpture, but many don't realise every piece has a story behind it. I grew up fairly quiet and never really felt like I had a voice, so now I create art that speaks where words sometimes can't.

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

I moved from New Zealand with two one-way tickets, no job lined up and nowhere to live. Within days I found work and started building a life in the Pilbara. It taught me that resilience isn't about having all the answers—it's about taking the next step even when you're uncertain. "

What's something about mental health you wish you'd known earlier in life?

That struggling doesn't make you weak. For a long time I thought strength meant handling everything yourself. Looking back, I wish I knew that talking to someone, asking for help, or simply being honest about how you're feeling takes far more courage than suffering in silence.





Community Spotlight

Zane Macdonald

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

A lot of my work comes from real experiences—loss, grief, loneliness, and conversations with people who have trusted me with their stories. When you're creating pieces around mental health, you don't just make artwork; you carry the responsibility of representing something deeply personal and meaningful.

How do you protect your wellbeing while still showing up for others?

I try to stay connected to the things that ground me—family, the gym, the outdoors, and creating. I've learnt that if my own cup is empty, I can't genuinely help anyone else. Looking after yourself isn't selfish; it's necessary.

What does "strength" mean to you now?

Strength is being able to say, "I'm not okay" when you're not. It's showing up anyway, earning from setbacks, and choosing to keep moving forward without pretending life is perfect.

Where do you think silence still exists around mental health — and why?

I think it still exists in places where people feel pressure to be strong all the time. In many regional communities, particularly among men, there can be an unspoken belief that you should just get on with it. The problem is that silence often grows into isolation.

What kind of conversations do we need more of in regional communities?

The honest ones. Not just asking someone how their day is, but taking the time to genuinely listen. Some of the most important conversations start with a simple question and someone feeling safe enough to answer truthfully.





Community Spotlight

Zane Macdonald

What values sit underneath the work you do?

Connection, authenticity, resilience, and hope. Everything I create is driven by the belief that one conversation, one artwork, or one act of kindness can make a difference in someone's life.

How does your business or role contribute to people's wellbeing – even indirectly?

My goal is to create artwork that sparks conversation. Sometimes people find it easier to talk about a sculpture, a story, or a symbol than they do about themselves. If my work can create that opening, then it's doing its job.

What part of your work gives you the most meaning?

Seeing people connect with something I've created. When someone says a sculpture made them stop, think, reflect, or start a conversation, that's when I know the work has achieved something bigger than art alone.

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

I hope it helps people realise they aren't alone. If my work encourages someone to reach out, check on a mate, or seek support, then that's an impact worth having.

What does looking after your mental health realistically look like right now?

For me, it's not one big thing. It's staying active, keeping routine, talking to people I trust, spending time creating, and recognising when I need support rather than trying to carry everything myself.

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

You don't have to prove how strong you are by carrying everything alone. The people who care about you would rather listen than see you struggle in silence.





Community Spotlight

Zane Macdonald

What does a mentally healthy community look like to you?

A community where people feel connected, where asking for help is normal, and where no one feels ashamed to talk about what they're going through.

What message would you like to leave with the community?

You never know what someone is carrying behind closed doors. A conversation, a check-in, or simply being present for someone can change more than you realise. Be kind to your mind, and be kind to others.

How can people support your work or connect with you?

By supporting the conversations around mental health, sharing the message, collaborating on projects, or simply reaching out for a chat. Every conversation matters.



“ A conversation can change more than you realise. ”

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Looking ahead to July

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



Podcast Interview

I've been invited to
speak on a podcast!

I can't wait to
share more details
about that in the next
newsletter, so watch
this space.



Community engagements

A few
community
engagements we'll
be showing up for, so
keep an eye out for
us and say
hello!



KDCCI Business Bootcamp

I am looking forward
to the KDCCI Business
Bootcamp. This marks
a year of KDCCI
events which I've
gained so much from
and am looking
forward to the
knowledge I
can gain from this
opportunity.



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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