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PHYSIOTHERAPY LEADER | DIRECTOR OF OUTPATIENTS | APA NATIONAL CHAIR 2020-2024

**Committed to collaboration, learning, and advancing
physiotherapy across Australia**

OVERVIEW

I am applying for a position on the Australian Physiotherapy Association Board to contribute to the profession's growth, capability, and sustainability. I believe physiotherapy is essential to Australia's health and wellbeing, and that the APA plays a vital role in ensuring physiotherapists are supported, connected, and equipped to deliver high-quality, evidence-based care.

Over my 15 years in the profession, I have progressed to Director of Outpatients and Specialty Services within our private business, overseeing four clinics. My experience spans governance, leadership, education, and advocacy, along with extensive work on APA projects and committees. I am known for building consensus, asking thoughtful questions, and leading with integrity and respect.

My values align closely with the APA pillars: Advocate, Educate, Connect, and Deliver. I bring strategic, operational, and relational skills that strengthen these goals and support the profession's long-term success.

RELEVANT SKILLS AND EXPERIENCE

ADVOCATE – A STRONG, COLLECTIVE VOICE

As National Chair of the APA Women's, Men's and Pelvic Health Committee (2020–2024) and a previous Queensland Committee member (2016–2020), I helped advance recognition of pelvic health physiotherapy and strengthen advocacy efforts aligned with the APA strategy.

Key contributions include:

- Supporting national initiatives for improved access to pelvic health physiotherapy for all birthing women.
- Contributing to submissions and policy discussions such as the Inquiry into Perimenopause and Menopause.
- Input to the Birth Trauma position statement and accompanying educational video.
- Contributing to the progress of clinical guidelines for best practice in the use of vaginal pessaries for pelvic organ prolapse.
- Co-authoring *Reconsideration of pelvic floor muscle training to prevent and treat incontinence after radical prostatectomy* (Urol Oncol, 2020).

Through these roles, I gained valuable experience representing the profession, shaping evidence-based policy, and building partnerships that support better access to physiotherapy care.

EDUCATE – FOR LIFELONG FULFILLING CAREERS

I believe education is the foundation of a capable and confident profession. As a sessional academic at Australian Catholic University for five years (2018-2022), I have taught third-year students in gender and men's health, helping future physiotherapists connect theory to real-world practice.

Alongside the College, I contributed as a committee member to developing the Clinical Practice Domains document that formalised the Women's, Men's and Pelvic Health Titling Pathway. This work strengthened the APA's Career Pathway project by providing clear structure and recognition for physiotherapists with advanced expertise in pelvic health.

I continue to focus on lifelong learning, completing extensive leadership training in communication, coaching, culture, and strategic thinking, and plan to complete the AICD Company Directors Course to strengthen my governance knowledge.

CONNECT AND DELIVER

CONNECT – A UNIFIED PROFESSIONAL COMMUNITY

In my time as National Chair, I worked to build collaboration and alignment within committees across Australia. I value teamwork, inclusion, and clear communication. My leadership approach focuses on bringing people together, recognising strengths, and creating shared purpose.

I am proud of the relationships I have built across APA groups, universities, and with industry partners. Through mentoring and collaborative leadership, I aim to help members feel supported, engaged, and proud to belong to their professional community.

I was recently elected as a Committee Member of the International Organization of Physiotherapists in Pelvic and Women's Health (IOPPWH) in my role as the APA Chief International Delegate for the Women's, Men's and Pelvic Health National Group. The IOPPWH's mission is to foster collaboration across countries, improve global standards of care, and promote best practice, education, and research in pelvic and women's health. This role allows me to represent Australian physiotherapists internationally, share insights from our national work, and learn from other member countries to strengthen practice, advocacy, and education at home.

DELIVER – GOVERNANCE, STRATEGY, AND ACCOUNTABILITY

In my Director role, I oversee recruitment, financial performance, operational management, and strategic direction. I strengthened financial reporting and operational processes to support informed decisions and align performance with strategy. I have also helped develop and deliver two strategic plans within our private physiotherapy business, working alongside our executive team to bring objectives into action.

My experience has developed practical governance skills in financial oversight, risk management, workforce strategy, and accountability. While I have not yet undertaken formal financial governance qualifications, I am strongly committed to furthering my knowledge and applying sound governance principles to all aspects of leadership.

VALUES AND SUITABILITY

My leadership is anchored in care, integrity, and fairness. I believe in people and in the power of physiotherapy to improve lives.

I want to see:

- Improved access to physiotherapy for all Australians.
- A sustainable and evolving profession that works to its full scope.
- Evidence-informed decision making that helps members grow, advocate, and feel part of their professional community.

I bring governance and strategic experience, financial awareness, and strong communication and relationship skills. My networks across private practice, academia, and professional organisations position me to add value to APA's partnerships, advocacy, and member engagement.

CLOSING STATEMENT

I am committed to serving the APA with integrity, independence, and with a clear vision. I bring leadership experience, governance capability, and a record of collaboration across the profession. My approach combines strategic thinking with open communication and balanced decision making.

I believe my skills, experience, and values make me a strong candidate for the role and strongly align with the APA Strategy: Towards 2030. If elected, I will contribute meaningfully to the Board's mission to empower members and strengthen physiotherapy's role in Australia's health and wellbeing.