



WATTLESEED NUTRITION, HEALTH AND WELLBEING

CAPABILITY STATEMENT



We blend culturally responsive trauma integrated care and practice, Indigenous Healing Approaches, community and public health nutrition with nutrition counselling, therapies and science with Indigenous knowledges and philosophies to enhance cultural capabilities and transform mindsets and workplaces by delivering unique, inclusive and empowered learning experiences.

TRACY HARDY
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Overview

Wattleseed Nutrition, Health and Wellbeing, is a wholly Aboriginal owned, based on Queensland's Sunshine Coast.

We are registered on Supply Nation's Indigenous Business Directory and a member of the South-East Qld Indigenous Chamber of Commerce.

Established in 2017 by Gamilaroi descendant, Tracy Hardy, an Accredited Nutritionist, Practising Dietitian, Licensed Facilitator of We Al-Li's "Dadirri" and "Culturally Informed Trauma Integrated Care and Practice" workshops and Certified Wayapa Wuurrk Practitioner.

We are a recognised and vibrant provider of holistic:

- Workshops
- Guest speaking
- Lecturing
- Seminars
- Plenary Presentations
- Media Commentary and
- Consultancy services

These are all trauma integrated, environmentally and culturally centred nutrition, health, wellbeing and trauma healing offerings for Organisations, Community groups, Health Agencies, Schools and Individuals.

CREATING MEANINGFUL OUTCOMES AND TRANSFORMING MINDSETS AND WORKPLACES BY WORKING TOGETHER TO PROMPT POSITIVE CULTURAL AND SOCIAL CHANGE THROUGH CONNECTION, MUTUAL RESPECT, COLLABORATION AND INNOVATION.

We recognise, value and respect the interconnectedness between individual, community and the natural world's health and wellbeing.

This means, our efforts to support individual health and wellbeing also include connecting with and caring for Country (or Land).

As well as connecting to culture and supporting healthy communities that optimise the self-determining healing of trauma and the health and wellbeing of its members.



Vision

To achieve and sustain equitable self-determination of health and wellbeing, sovereignty of foods and food systems and cultural food security for all people, particularly First Nations Peoples of Australia.

Values

Authentic Actualisation:

Being true and transparent in the pursuit of achievement.

Conscious Leadership:

Thoughtfully solutions focused to create bold change.

Empowered Liberation:

Freedom from limiting beliefs to thrive.

Mission

- To support helping professions in developing their cultural capabilities.
- To inspire and empower people to make informed decisions to improve their own, their family's, community's, and Country's health.
- To support the realisation of deep healing connections to traditional native bushfoods, food systems, foodways, Country and culture.
- To address systemic and social norms that cause harm or put health at risk.

Services

- Workshops - Face-to-Face & Virtual
- Culturally Responsive Trauma Integrated Care and Practice Workshops
- Indigenous Healing Approaches
- Creative & Cultural Consultancy Services
- Health & Nutrition-Related Cooking Demos
- Guest speaking/Lecturing
- Work-based lunch-time learnings
- Webinars
- Wayapa Wuurrk
- Retreats



Core Strengths

- **KNOWLEDGE**

A depth of understanding of **culturally responsive trauma integrated care and practice, Indigenous Healing Approaches**, cultural determinants, traditional native bushfoods, food sovereignty, cultural food security, health and food systems - operational and policy contexts, political sensitivities and people, organisations and systems

- **LANGUAGE**

Exceptional writing skills – all reports and other documents are produced succinctly and in plain English. Recommendations are clear, realistic and framed appropriately for the organisation and the environment.

- **PRESENTATION**

High-level presentation and facilitation skills – if a presentation and/or workshop is required as part of a project, Tracy is very effective in working with both small and large groups.

- **PEOPLE**

A strong collaborative approach to working with clients – always balancing the need for flexibility with the need to manage expectations, budget and timeframes. Tracy spends time with clients at the outset to make sure she understands their specific issues and needs and collaborates closely throughout the project.

- **QUALIFIED, RESEARCHED AND INSURED**

Graduate Certificate of Indigenous Trauma and Recovery Practices, Bachelor of Nutrition/Dietetics, Certificate of Culturally Informed, Trauma Integrated, Healing. Extensive experience in research, review and evaluation - ranging in scope from small, localised projects and pilot initiatives. Tracy's particular research strength and interest is in Indigenous Research Methodologies and qualitative evaluation. Insured for Public Liability, Professional Indemnity and Malpractice.

MEMBERSHIPS & ACCREDITATIONS



I BELIEVE, THROUGH TWO-WAY SHARING OF KNOWLEDGE, WE FOSTER UNDERSTANDING AND GROW STRONGER IN SELF, MIND, BODY AND SPIRIT WELLBEING.



MEET TRACY HARDY AN AGENT OF POSITIVE CHANGE

2013: Commenced my studies in Nutrition and Dietetics combining my passion for First Nations Peoples' health and wellbeing & love of food.

2016: Conducted an embedded Honours Project on the Cultural Safety of a Chronic Disease Self-Management Program.

2016: Awarded "Future Leader in Indigenous Allied Health", at Indigenous Allied Health Australia's National Forum in Canberra.

2017: Served as a Clinical and Community Dietitian for First Nations Peoples in South East Queensland.

2018: Awarded University of the Sunshine Coast's Chancellor's Medal.

2019:

- Commenced a PhD researching Indigenous food sovereignty and food security for First Nations Peoples of Australia.
- Professional Certificate of Indigenous Research

2019: Following a career in Human Resources, Marketing, Sales, Beauty Therapy and Aboriginal and/or Torres Strait Islander health in Queensland, I took leave from my PhD so that I could focus 100% on my business Wattleseed Nutrition, Health and Wellbeing and support grassroots, community-based projects..

2020:

- Certificate in Aboriginal Narrative Therapy
- Wayapa Wuurrk Practitioner Diploma
- Gaa'na Healing Workshop
- We-Ali Dadirri: Ancient Aboriginal Mindfulness Traditions
- Body Image Online Training for Clinicians
- Mindfulness Trainings for Dietitians
- Online training in the Foundations of Trauma-Informed Dietetic Care

2021:

- We Al-Li Facilitator Training Program - Recreating Songlines from Trauma Trails. The Ceremony of Indigenous Facilitation Practice
- Certificate of Culturally Informed, Trauma Integrated, Healing

2022:

- Graduate Certificate Indigenous Trauma and Recovery Practice
- Indigenous Allied Health Australia Leadership Program

2023:

- Poche Melbourne Leadership Fellows Program
 - Masters Health Leadership and Management (commence PT in May)
 - MURRA Indigenous Business Leadership Program (commence in May)
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"MY APPROACH TO HEALTH AND WELLBEING IS THROUGH A CULTURALLY RESPONSIVE, TRAUMA INTEGRATED, STRENGTHS-BASED LENS THAT IS ALSO HOLISTIC & CULTURALLY CENTRED.

I TRULY BELIEVE IN THE STRENGTH & HEALING POWER OF UNDERSTANDING, RESPECTING AND DRAWING UPON INDIGENOUS KNOWLEDGES AND HEALING APPROACHES & SUSTAINING OUR CONNECTIONS TO TRADITIONAL FOODS, LANDS, AND CULTURAL PRACTICES."



EXPERIENCE

From the Community Sector through to Corporate Food and Health Industries to Local Government and Healthcare Agencies.

LEADERSHIP

Leadership positions carried out on several Local and National Advisory Committees. Served on the Board of Indigenous Allied Health Australia and is a National Member-based Aboriginal and Torres Strait Islander Allied Health Organisation, and now with Dietitians Australia.

VOLUNTEERING

Volunteered on research advisory committees, Indigenous COVID Advisory Committee, and as part of the Dietitian's Association of Australia Indigenous Interest Group and Reconciliation Action Plan Working Group.

SERVICE

Operating successfully since 2017, Wattleseed Nutrition, Health and Wellbeing's clients include National Food and Health Industry Organisations, Community Healthcare Agencies, Universities, Corporate and Community Groups and Organisations, Local Councils, Festivals and Schools.





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