

WATTLESEED NUTRITION, HEALTH AND WELLBEING



CAPABILITY STATEMENT



We blend modern permaculture design principles, community and public health nutrition nutrition counselling, therapies and science with Indigenous knowledges and philosophies to deliver 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, Diploma Qualified Beauty Therapist, licensed Wayapa Wuurrk Practitioner and Permaculture Culture Design Certified.

We are a recognised and vibrant provider of holistic:

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

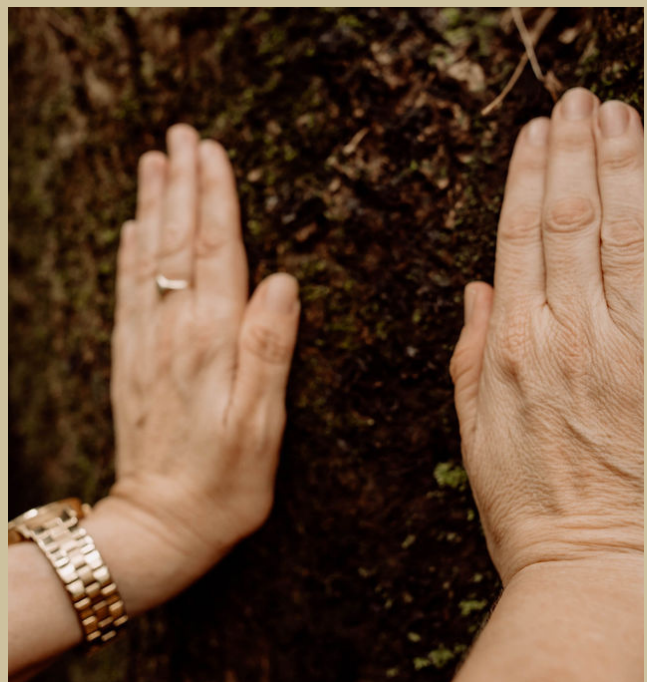
These are all environmentally and culturally centred nutrition, health and wellbeing offerings for Organisations, Community groups, Health Agencies, Schools and Individuals.

**CREATING MEANINGFUL OUTCOMES 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 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 inspire and empower people to make informed decisions to improve their own, their family's, community's, and Country's health.
- To also support the realisation of deep healing connections to traditional native bushfoods, food systems, foodways, Country and culture.
- And to address systemic and social norms that cause harm or put health at risk.

Services

- Workshops - Face-to-Face & Virtual
- Webinars
- Creative & Cultural Consultancy Services
- Health & Nutrition-Related Cooking Demonstrations
- Guest speaking/Lecturing
- Work-based lunch-time learnings
- Wayapa Wuurrk
- Retreats



Core Strengths

- **KNOWLEDGE**

A depth of understanding of 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.

- **RESEARCHED**

Extensive experience in research, review and evaluation - ranging in scope from small, localised projects and pilot initiatives. Tracy's particular strength and interest is in Indigenous Research Methodologies and qualitative evaluation.

MEMBERSHIPS & ACCREDITATIONS



The Centre for
MINDFUL EATING
Professional Member
Supporting the practices and
principles of mindful eating.
www.thecentreformindfuleating.com



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



**MEET TRACY HARDY
BEING 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: Serving as a Clinical and Community Dietitian for First Nations Peoples in South East Queensland.

2018: Honoured to be awarded the University of the Sunshine Coast's Chancellor's Medal.

2019: Further pursued my passion for traditional food systems, foods and traditional food security and commenced a PhD researching Indigenous food sovereignty and food security for First Nations Peoples of Australia.

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
- Acceptance Commitment Therapy Training for Dietitians
- Online training in the Foundations of Trauma-Informed Dietetic Care
- Personal courses in Creating Circle Immersions, Nature Reading and Creating your Own Oracle Cards.

2021:

- Permaculture Design Certificate
- We Al-Li Facilitator Training Program - Recreating Songlines from Trauma Trails. The Ceremony of Indigenous Facilitation Practice

"I BELIEVE THAT KNOWLEDGE IS POWER, AND THAT PART OF MY ROLE IS TO PLACE THAT POWER IN YOUR HANDS

FEEL CONFIDENT IN CONTRIBUTING TO POSITIVE CHANGE AND SELF-DETERMINING INDIVIDUALS, FAMILIES, COMMUNITIES AND MOTHER EARTH'S HEALTH AND WELLBEING."

I take a personalised, holistic & culturally centred approach to foods, food systems and environments, meal patterns, eating habits, health and wellbeing.

"MY APPROACH TO HEALTH AND WELLBEING IS THROUGH A STRENGTHS-BASED LENS THAT IS ALSO HOLISTIC & CULTURAL.

I TRULY BELIEVE IN THE STRENGTH & HEALING POWER OF UNDERSTANDING & 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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