

What is your name?

Hayley Purdon

What is your position with Roses in the Ocean?

Chair of the Lived Experience Advisory Group and Facilitator.

Why did you join Roses in the Ocean?

Because of Brony of course! Through working alongside Brony during our time volunteering with Suicide Prevention Australia and learning about her drive, enthusiasm and energy, I wanted to be part of the vision that she saw for Roses in the Ocean.

What is the most challenging part of your job?

Working remotely and checking in for a discrete period of time means that I miss out on the chit chat and general catch up time with the people I work with. I suppose it is the reality when operating nationally!

What is the most satisfying part of your job?

I get to share ideas with highlight intelligent and insightful humans who all know the realities of my darkest moments. It is such a comfort to be able to talk openly about suicide prevention and have a group who just "get" you.

What is your favourite self-care practice?

My best friend Rusty LOVES to run through the forest so when we need to get away, we go down to the local pine forests and wander free just being in nature together.

Who inspires you?

I have many women who have been an inspiration to me over the years, but I find that the best inspiration comes from within. Nothing beats really sitting with yourself and understanding the world you want to see and coming up with strategies to turn it into reality. This way you ensure you walk no-one else's path but your own.

What inspires you?

Real life stories of people doing incredible things in their corner of the world.

When and/or where are you happiest?

At home with my animals and my partner, nerding out on the lounge playing video games or watching obscure TV shows.



How do you know when you're happy?

My thoughts are still, and I feel gratitude for the things around me.

How do you define success?

Success is setting a goal and achieving it. I am not a complicated or abstract person, so whatever (or however big) your task is, setting a goal that you achieve is the epitome of success. Even if that success is getting dressed in the morning.

Do you consider yourself successful?

100%. The task now is to set the next big goal to achieve!

What is your greatest fear?

I didn't quite know this before COVID-19 but spending time isolated has made me realise that I value the people in my life, my family and friends. I would be devastated to lose the people I care deeply about.

What is your greatest strength?

The thing I like best about myself is my ability to listen to others and to consider other opinions. It is a strength because I can connect with almost anyone by reaching them on their level and with their communication style.

What would you like to do better?

I would like to be better at not getting stuck in the post-work TV slump! I have plenty of usable time after work if I could find the motivation and energy to use it!

What are your Words of Wisdom?

Never stop trying to see the good things in yourself and working to celebrate them.

