SARAH

Role: Business Support and Facilities Supervisor

Company: Arrow Energy

Home location: Dalby

Work location: Dalby

How long have you worked in the resources industry?

I started in the resources industry around 15 years ago. I started my career with Origin Energy on the APLNG project in the south-west of Queensland, and joined Arrow Energy in 2024.

What do you enjoy most about your job?

I enjoy the mix of practical problem-solving and people support. One minute you're coordinating contractors or managing compliance, the next you're helping a team work more efficiently or stepping in to help solve a challenge. It's never just one lane, and that variety keeps things interesting.

What's something people wouldn't expect about your role?

This role is impactful, without the spotlight. Good facilities and business support quietly boost productivity, morale and trust, which makes this role extremely rewarding.

Where do you live and what do you love about your community?

I live in Dalby. The community is small but mighty, and you really feel a sense of belonging. People tend to know one another not just by name, but by story. The community is grounded – less noise, less rush, and more room for conversations. Traditions matter. Local history matters. Even everyday routines can feel meaningful.

What drew you to the industry and what's kept you here?

My husband worked in the resources sector on a fly-in, fly-out basis, and I wanted to join him. I loved my job and the people I worked with back then, and nothing has changed now. The people you meet and the places you get to experience are incredible. The growing opportunities for women in the resources sector over the years also play a big part in why I've stayed.

What does a typical day look like?

One of the best things about my role is that no two days are the same. I could be participating in community events, attending to facility matters and overseeing works, or providing support to the broader field and office teams. That's what makes the role so exciting and challenging.

Why do you think the resources sector matters to Queensland?

The resources sector is an important part of Queensland's economy. It helps fund public services through royalties – things like hospitals, schools, roads and emergency services that everyone relies on. It's also crucial for jobs, especially in regional and remote areas.

What are you passionate about inside or outside of work?

I'm deeply passionate about championing women in sport, which also led to my passion for supporting women working in the resources sector – celebrating their talent, resilience and leadership in spaces where they've too often been overlooked.

What's something you're proud of professionally or personally?

I'm extremely proud of the family my husband and I have built. We have four children who keep us on our toes. Beyond my family, I'm also very proud of my sporting achievements in touch football and rugby league, having represented in both sports at an elite level in adult age categories.