

**Five minutes with  
Patricia O'Callaghan  
CEO – Townsville Enterprise**



**What does your typical day look like?** I rise around 5am and head to the gym or for a walk to start my day before I take my son to school.

**What motivates you?** I am motivated by my family and I have a really cool job, I love doing what I do. I get to work on great projects and initiatives every day, its motivating to be able to work in spaces that better our community.

**You are a Proud North Queenslander, what is it that you love about our region?**

I love the people!! I love how close we are as a community especially after going through the unprecedented weather event that we experienced earlier this year which really solidified how much we back each other in North Queensland.

We are fighters when it comes to pushing forward our community and growing! We are resilient and do not take no for an answer.

**Why Body Torque?** I met Peta through the Emerging Leaders program and had always heard positive things about Body Torque from clients here at Townsville Enterprise, it made sense to come and approach Body Torque, it's been fantastic since I made the decision to start.

**Motivational thought for the day?** Don't take No for an answer!