



# Dr. Cath Cosgrave

**Leading expert on attracting and retaining skilled workers to rural places and a passionate community advocate.**



**Winston  
Churchill Fellow**  
*Learn globally, inspire locally.*

## Who She Is

Dr. Cath Cosgrave is a respected social scientist, systems thinker, and researcher with a doctorate focused on strengthening the rural health workforce. She is best known for uncovering the social and personal factors that hinder the attraction and retention of skilled workers in rural areas. To tackle these challenges, she created the Attract Connect Stay solution, including the Community Connector Program, which enhances access to health and social care services for rural Australians.

Cath's work is further distinguished by her Churchill Fellowship, where she investigated innovative approaches to strengthen the social connection of newly arrived health workers in rural Australia. Inspired by Brene Brown's "Dare to Lead" program, she transforms research into practical, affordable programs that help rural communities attract and retain skilled workers.

Cath's research has gained international recognition, influencing policies at national and global levels, including the World Health Organisation (WHO). A passionate advocate for rural equity, she is a sought-after keynote speaker, panellist, and podcast guest, known for her engaging and relatable presentations.

## Why Have Cath as Your Speaker/Guest

Cath Cosgrave is an exceptional speaker with over 18 years of experience in rural health workforce development. Her work has had a profound impact across Australia, New Zealand, and Canada, where she has pioneered innovative strategies rooted in rigorous research, but also in the practical application of her findings through the Attract Connect Stay solution.

Audiences benefit from her deep understanding of the social and personal barriers that rural communities face in maintaining a stable workforce. Cath's presentations are enriched with real-world case studies and success stories, showcasing tangible outcomes.

Cath's proven track record of success, empowering community leaders and policymakers on an international scale, make her an invaluable speaker, offering fresh perspectives and actionable strategies to tackle rural health challenges.

# Her Uniqueness

- **Innovative Solutions:** Developed the 'Attract Connect Stay' Framework – a holistic person-centred placed-based guide to the effective attraction and retention of skilled workers to rural places.
- **Global Recognition:** Internationally acknowledged for her innovative and impactful research.
- **Community Advocate:** Committed to strengthening rural services.
- **Engaging Speaker:** Known for her bright, humorous, and accessible style.
- **Effective Communicator:** Recognised for translating complex research into actionable knowledge.

## Speaking Topics

- Rural skilled workforce development.
- Community collaboration and engagement strategies.
- Innovative attraction and retention programs – especially the Community Connector Program.



## Audience Takeaways

- Effective attraction and retention strategies.
- Building sustainable rural communities.
- Practical solutions for rural skilled workforce challenges.



## Get in Touch!

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in Dr. Cath Cosgrave

🌐 Attract Connect Stay