



MERCY COLLEGE ALUMNAE

Where are they now?

Introducing:

Mercy College Alumna

Elizabeth Psaila

Class of 2013



What are your most memorable experiences as a Mercy College student?

I started my schooling at St Matthew's Primary School Fawkner North before moving on to Mercy College, and I still remember the nerves and excitement of my first day. From the very beginning, the teachers made such a difference in my journey, not just academically but in shaping who I am today.

Their encouragement gave me the confidence to push myself, step outside my comfort zone, and believe in my potential. Whether it was classroom discussions, school events, musicals or simply the support I received when challenges came up, I always felt like I was part of something special. I was very involved in performing arts at Mercy and I believe it really shaped me to the person I am today.

Elizabeth performing *Somewhere over the rainbow* in the Parade College Production – Encore



Have you maintained school friendships?

Absolutely! Some of my closest friendships today started at Mercy College. Even as life has taken us in different directions, we've always found our way back to each other. Those friendships have been a constant source of support, and it's amazing to see how we've all grown while still staying connected.



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My involvement in College musicals is an experience I will always treasure. The dedication of working together as a performance team that included everyone that was involved; the performers, teachers and backstage crew resulted in the biggest exhilaration with achieving successful shows each year for our school and audiences.

The musical Aida was my final year at Mercy College in 2013, and the first performing with students at Parade College.



In August 2018, a group of Mercy College students participated in celebrating 21 Years of Parade Musicals 1996 – 2017. It was a wonderful opportunity to re-unite with former Mercy students and showcase our love for musical performance.





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Where are they now?

Did you set out with career goals?

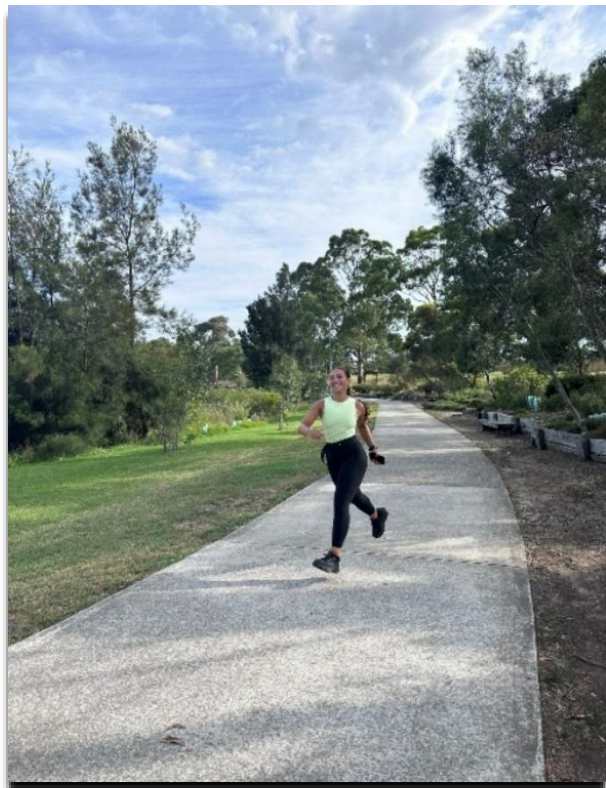
I had an idea of the kind of life I wanted to build, but my career path has evolved over time. There were moments of uncertainty and challenges along the way, but one of my teachers once told me to never lose sight of what I want to achieve, even if the path isn't always clear. That advice has stuck with me, especially when I've had to pivot or take risks in my professional journey.

What are you doing now?

I'm currently working as a home lending specialist, helping people finance their homes and build their future.

I love what I do because it allows me to guide and support clients through some of the biggest decisions of their lives.

Beyond my career, I also run Well Thanks, a wellness community focused on bringing people together through movement, connection, and giving back.



Tell us about your involvement with the wider community.

Community has always been a huge part of who I am. I love bringing people together and creating spaces where they feel supported, whether that's through my work, social initiatives, or fitness events. Locally, I lead Well Thanks Run Club, a weekly running group that encourages people of all fitness levels to get moving in a fun and supportive environment. Internationally, I'm passionate about causes that promote wellness and community-building, always looking for ways to give back. On my Instagram page, I also share healthy recipes, lifestyle tips, workouts and more to help people thrive and live their best lives



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How did you come up with Well Thanks?

Well Thanks started as a simple idea- combining wellness with gratitude. I wanted to create a space where people could come together, move their bodies, and feel good, not just physically but emotionally and socially. The name reflects both those elements: "Well" for health and movement, and "Thanks" for the sense of gratitude and community that comes with it.

Most recently, I've been organizing the Good Friday Fun Run to raise funds for the Good Friday Appeal. It's an opportunity to bring people together for a great cause while staying active. I truly believe that movement has the power to connect people and make a difference, and I'm excited to continue growing Well Thanks and its impact in the community.

I hope to see you there!

well thanks

GOOD FRIDAY FUN RUN

FRIDAY 18TH APRIL
9AM PRINCES PARK CARLTON NTH

3KM/6KM/9KM RUN/WALK

\$60 REGISTRATION
INCLUDES T-SHIRT AND POST-RUN REFRESHMENTS

REGISTRATIONS CLOSE 31ST MARCH

TICKETS AVAILABLE IN @WELL_THANKS LINK IN BIO



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What message would you like to share with current students?

To all the current Mercy College students – enjoy this time and make the most of every opportunity that comes your way.

High school is where you start discovering who you are, what excites you, and turn your energies into your capabilities. There will be challenges, but don't be afraid to push yourself, ask for help, and take chances.

Your path might not always be clear, and that's okay. Success isn't always about having everything figured out; it's about showing up, learning from setbacks, and staying true to what matters to you.

Trust yourself, back yourself, and don't be afraid to dream big. You have so much ahead of you, and this is just the beginning!

Thank you, Elizabeth, for sharing your insightful reflection with the

Mercy College Community.

Keep living your best life!