

Stuck in a lift with...

Phil Gordon



I've been a Freedom to Speak Up Guardian since ..	January 2017
My previous role(s) have been	I worked as a physio for 7 years, and 5 of those as a trade union rep.
I became a Freedom to Speak Up Guardian because...	As a junior physio I spoke up about institutional neglect, and found myself being told I had made damaging and serious allegations by a Board member. I care about making sure others have a positive experience of speaking up.
Freedom to Speak Up means...	Being able to speak your mind and feel psychologically safe to do so.
Who would you like to be stuck in a lift with?	Anyone who has good stories and is handy with a crowbar
Early bird or night owl?	I'm 40 this year...and definitely becoming more of an early bird
In my spare time, I like to...	Go indoor bouldering. The prospect of falling off the ceiling is perfect for clearing the mind!
My lunch is usually...	Quick and easy, such as a sandwich or omelette
I take my coffee...	Just the one as soon as I wake up
What music would you prefer was playing in the lift?	Given the situation, either "I want to break free" or "The only way is up"!
My secret talent is...	Playing the piano...before physio I studied music
My top tip for life is...	What other people think of you is none of your business (the opposite is true for work!)
My favourite quote is...	I can't remember it exactly but it's something like "Our service users will only feel hopeful, confident and safe if our colleagues feel the same way"

