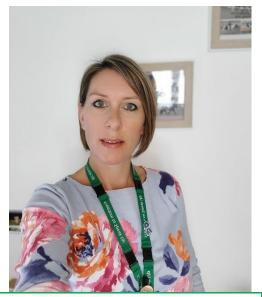
## Stuck in a lift with... Caroline Sealey





I've been a Freedom to Speak Up Guardian since	March 2020
My previous role(s) have been	I am a physiotherapist and have worked in acute hospitals and various community settings. Prior to becoming a FTSU guardian, I was an operational manager.
I became a Freedom to Speak Up Guardian because	I supported a colleague through a difficult experience and realised how challenging it could be to have your voice heard. I wanted to empower colleagues to speak up and ensure that concerns were dealt with appropriately.
Freedom to Speak Up means	That all colleagues should feel safe and confident to raise concerns about patient safety or anything that is affecting their experience at work. This can be done via any route within the workplace including the Guardians should a supportive, impartial and confidential conversation be required. Come and talk to us
Who would you like to be stuck in a lift with?	Freddie Mercury!
Early bird or night owl?	Early bird
In my spare time, I like to	Enjoy the sun, ride my bike and enjoy a G&T!
My lunch is usually	Leftovers from last night's dinner!
I take my coffee	Milky with honey is that weird?!?

What music would you prefer was playing in the lift?	80's disco!
My secret talent is	To hide ingredients my children dislike in the meals I cook don't tell them!
My top tip for life is	Look forward not back and don't worry about what others think.
My favourite quote is	Tell me and I forget. Teach me and I remember. Involve me and I learn – Benjamin Franklin

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