

# Stuck in a lift with...

## Caroline Sealey



<b>I've been a Freedom to Speak Up Guardian since ..</b>	March 2020
<b>My previous role(s) have been</b>	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.
<b>I became a Freedom to Speak Up Guardian because...</b>	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.
<b>Freedom to Speak Up means...</b>	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 😊
<b>Who would you like to be stuck in a lift with?</b>	Freddie Mercury!
<b>Early bird or night owl?</b>	Early bird
<b>In my spare time, I like to...</b>	Enjoy the sun, ride my bike and enjoy a G&T!
<b>My lunch is usually...</b>	Leftovers from last night's dinner!
<b>I take my coffee...</b>	Milky with honey ... is that weird?!?



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