

Stuck in a lift with...

Liz Bessant

Freedom to
Speak Up
Guardian



I've been a Freedom to Speak Up Guardian since..	June 2020
My previous role(s) have been	Deputy Director of Nursing, Head of Nursing, Lead nurse for practice development and research. Clinical Lead for a large locality, Head of inpatients services for older People Mental Health. Ward Manager, staff nurse in Child and Adolescent Psychiatry and older people's services. General Nurse in Gynecology, Medical and surgical wards.
I became a Freedom to Speak Up Guardian because...	I have worked and looked after service users/patients for many years so I felt it was now the right time to look after our fantastic staff !!
Freedom to Speak Up means...	The absolute world to me!! Coming to work and being valued, respected and listened to having a very happy workforce...that gives the best quality care ever !!
Who would you like to be stuck in a lift with?	Gordon Ramsey but no swearing please!!
Early bird or night owl?	Early Bird catches the worm!!!
In my spare time, I like to...	Go to the Gym, Theatre especially Musicals, Dinner and Dancing plus the odd Cocktail.
My lunch is usually...	A thin bagel ham, tomatoes and a Dairylea with an apple, banana and a satsuma.
I take my coffee...	Weak with semi skimmed Milk.
What music would you prefer was playing in the lift?	Some 80's dance music probably with a sequined disco ball twirling round from the ceiling.



My secret talent is...	Guessing the outcomes and who did on all the TV crime shows...(spoiling the endings for other people)
My top tip for life is...	Take every opportunity going however small and don't regret anything.
My favorite quote is...	"When you love people, you hate the fact that they're being treated unjustly. Justice is not simply an abstract concept to regulate institutions, but also a fire in the bones to promote the wellbeing of all" (Cornel West)