

# Stuck in a lift with...

## Joanne Burton



<b>I've been a Freedom to Speak Up Guardian since ..</b>	September 2019
<b>My previous role(s) have been</b>	Surgical Nursing Roles
<b>I became a Freedom to Speak Up Guardian because...</b>	I am passionate about patients receiving excellent care and I want to support colleagues to deliver that care
<b>Freedom to Speak Up means...</b>	Having safe conversations in a supportive environment
<b>Who would you like to be stuck in a lift with?</b>	My yoga teacher and Wim Hof!
<b>Early bird or night owl?</b>	Early bird
<b>In my spare time, I like to...</b>	Swim in the sea, walk on the cliffs and go to yoga classes!
<b>My lunch is usually...</b>	Salad in the summer and soup in the winter
<b>I take my coffee...</b>	Flat and white
<b>What music would you prefer was playing in the lift?</b>	Something relaxing!
<b>My secret talent is...</b>	Tropical plant cultivation
<b>My top tip for life is...</b>	One day at a time



**My favourite quote is...**

'Do not dwell on the past, do not dream of the future,  
concentrate the mind on the present moment.'  
Budda