



# Stuck in a lift with...

## Amanda Sutton-Heaton



<b>I've been a Freedom to Speak Up Guardian since ..</b>	April 2021
<b>My previous role(s) have been</b>	Admin Management, Union Rep, Electrical Engineer
<b>I became a Freedom to Speak Up Guardian because...</b>	I fight for fairness and wanted to make a difference. I used my own experiences to think if I could turn back the clock, how would I have changed the situation or outcome if I could.
<b>Freedom to Speak Up means...</b>	Having unspoken permission, confidence and determination to speak up knowing it's the right thing to do. If you always do what you always did, you'll always get what you always got.
<b>Who would you like to be stuck in a lift with?</b>	Bill Bailey, intelligent, funny and I bet he would make up a hilarious song about the whole thing.
<b>Early bird or night owl?</b>	Night owl, I am not particularly cheerful too early in the morning
<b>In my spare time, I like to...</b>	Geocache with my wife and kids, go to the theatre or get lost in a good book. I have a huge Lego collection (mostly Harry Potter) so can be found building Lego whenever new sets are released.
<b>My lunch is usually...</b>	Tuna pasta salad with lots of gherkins and celery
<b>I take my coffee...</b>	White, with a shot of hazelnut syrup
<b>What music would you prefer was playing in the lift?</b>	Anything by Pink and some nu metal or rock
<b>My secret talent is...</b>	I am quite a good cook but I can also recite the first 20 elements of the periodic table in order of atomic mass! (I learnt it at school)
<b>My top tip for life is...</b>	Take a second to take it all in, don't sweat the small stuff, and put down your phone, the world is so much better through the naked eye rather than a camera lens or screen, live in the moment.
<b>My favourite quote is...</b>	Happiness can be found, even in the darkest of times, if one only remembers to turn on the light. - Professor Albus Percival Wulfric Brian Dumbledore