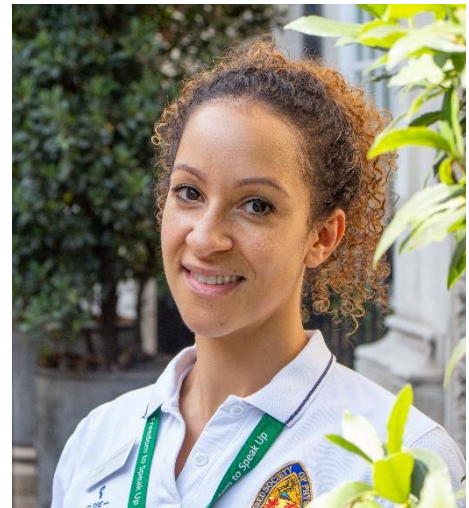


Stuck in a lift with...

Rochelle Francois

Freedom to Speak Up Guardian



I've been a Freedom to Speak Up Guardian since ...	August 2021
My previous role(s) have been	I also work as a Physiotherapist and Hand Therapist at The London Clinic.
I became a Freedom to Speak Up Guardian because...	I truly love where I work and believe that my colleagues should have the chance to feel the same way about their job.
Freedom to Speak Up means...	Having the opportunity and courage to open up to a trusted and trained guardian in your organisation, about anything that gets in the way of you doing your job. This should be business as usual and embedded into our work culture.
Who would you like to be stuck in a lift with?	Oprah Winfrey – so that I could hear her many exciting stories and absorb her knowledge and kindness.
Early bird or night owl?	I'm actually right in the middle of the two.
In my spare time, I like to...	<ul style="list-style-type: none">- Keep active with pilates, yoga, jogging, walking or skiing- Write poems or journaling- Cooking new recipes and eating out at new restaurants- Travelling and immersing myself in the culture of each country- Indulging in fine chocolates
My lunch is usually...	Different every day! However, it will always involve vegetables.
I take my coffee...	With oat milk – try it if you haven't.
What music would you prefer was playing in the lift?	Some party classics to keep the energy up!
My secret talent is...	I like to think that I can sing, but in reality, I just really enjoy it!
My top tip for life is...	Tune in to your intuition and go with your gut! Our body and mind are more interconnected that we give credit for.
My favourite quote is...	Happiness is a journey, not a destination.

