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INDUSTRY: **MEDICAL**



What is the best part of your job?

Having the privilege and opportunity to make a significant impact on someone's life, in a short space of time.

Biggest learning moment of your career?

Realisation that failure is not necessarily a disaster. It can be an opportunity for re-evaluation and growth.

Why is being a positive role model important to you?

I was fortunate to grow up in Guyana with many examples of positive role models around me. This is what gave me confidence and self-belief during moments of self-doubt and adversity. If I can do the same in some small way for others, I would be delighted. It's important that we pay forward.

What advice would you give to your 16-year-old Self?

Be confident in yourself and less reliant on external validation.

What does Black history month mean to you?

Black history month is an opportunity to reflect on, raise awareness and celebrate the struggles and achievements of our ancestors as well as current individuals in our community.

What is your top tip to success?

Don't be afraid to fail. It is an opportunity for growth and an inevitable part of success.

What is your greatest achievement?

Being the first female of Afro-Caribbean origin to become an Orthopaedic Consultant in the United Kingdom, closely followed by being the first woman in Europe to perform Mako robotic hip surgery.

What are you reading?

Reading Mindset. The new psychology of success by C.Dweck.

Favourite food to boost your mood?
Anything with plantain and cassava



Biggest change since lockdown?

Learning to be still.

Ideal Mentor?
Anyone with more life experience than me. There is always something to learn.

Role Model growing up?
Howard Hewett

