**BIOGRAPHY**

I have worked at St George’s University Hospital’s NHS Foundation Trust for 16 years now, 6 of those years as Freedom to Speak Up Guardian, I am also the London Network Chair and a Guardian Mentor.    I am passionate about speaking up and supporting all workers to speak up about any concerns they have, speaking up is an integral part of our daily lives both professionally and personally.  I am also a Mediator and TRiM Practitioner which I find compliments my FTSU role.   I am particularly interested in the aspect of supporting FTSU Guardians wellbeing and psychological safety and am planning on doing a piece of work geared towards supporting Guardians with the emotional and practical elements of being a FTSU Guardian.