



**What I do in my job?**

I am a Risk & Project Lead in Chief Information Security Office(CISO) Cyber Governance & Risk.

**Motivation:**

I do it to learn and develop in order to be able to better support my colleagues in the HSE.

**Advice to women thinking of a career in health service:**

Some good advice a friend gave me, is to send the ladder down. Support other female colleagues, share the knowledge and experience you already have, help them on their way and to be the best they can.

I live in Tipperary after recently moving back. I love the outdoors and swimming in the lakes and rivers nearby. Anything cold really!

