

*Celebrating*

# International Women's Day

## International Women's Day is...

An opportunity to reflect upon and celebrate the achievements of women across the world. It's important to stop, pause and consider the difference women have made in society, business, education, culture, family and relationships, and to dream about what is yet to come. Sharing our stories and collective wisdom is an important part of the journey that we are all on together. Learning from each other is a priceless gift.

## Embodying Mater mission and values

Compassion and integrity are important qualities in a leader and in a clinician. I strive to be mindful of how I turn up as a leader, to be calm and respectful, while at the same time I like to have fun—especially in meetings! I love ideas, strategy and problem solving and try to keep an open mind to opportunity and new ways of doing things. I like to be constantly trying to improve and striving to do better—this gives me joy in the same way that caring for a patient brings me joy.

## Female influences who have helped shape my life

There have been amazing women all around me throughout my life, but the most powerful female influences have been my mother, sisters and my daughter. My mother has an amazing work ethic.

## Dr Trisha O'Moore-Sullivan

Director of Medical Services

She has demonstrated to my sisters and I that it is possible to have a career and take care of your family. I also give constant thanks for my girlfriends from school. We have known each other for over 40 years, and we are each other's oxygen and serotonin.

## Words of wisdom

One of the most important bits of advice I have ever had is very simple and quite Australian, "Just have a go". This mindset has encouraged me to take career risks and do things I had never planned.

