



PDA
IRELAND
MEMBER
SPOTLIGHT

Rebecca Walden
Irish Blood Transfusion Service

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How does your normal day begin? First thing in the morning whilst feeding our two dogs Freddy and Del Boy I get the coffee on and then get them out for a quick run. Whether I am working from home or in the office I am straight on to check any emails from our EQMS overnight (I am system Administrator) and get to work.

What are your biggest daily challenges? Keeping up with emails from colleagues whilst balancing meetings and hosting training. My colleagues are based in different centres around Ireland and many are out on donation clinics through the week so it can be a challenge arranging group sessions.

What do you love most about your job? I love the interactions with different colleagues around the country and being able to help them complete training or help with queries they have on our EQMS.

Do you have any productivity tips that help you through the working day? I try and stand or walk around for one or two minutes every hour when I am at my desk and especially before a meeting so I can focus on what I need to achieve in the meeting.

Favourite staycation destination in Ireland and why? Muckross park hotel – quite simply the breakfast. Top notch quality ingredients and lots of variety sets me up for a day walking in the national park.

Favourite holiday destination worldwide? Egypt – I have had a fascination with Egyptian history since I was very young and love walking around temples and burial sites imagining life 2000 years ago.

Has your PDA network helped you in any way? Definitely. I have learned from other members how they meet challenges in their industry and I have used some 'take aways' to help me improve in my field. Favourite business motto Fail to prepare, prepare to fail. Always do your homework before a meeting and take time to focus before meeting colleagues.