

Leadership Mentor Bio's

Name: Julie Caunt

Job title: Matron for Surgery



A little bit about me:

I am married with a teenage son and have been working in the NHS for over 25 years. I share my home not only with my hubby and son but 2 cats, a bunny, 3 guinea pigs, a hamster and a tank full of fish.

A snapshot of my career: I have worked within the NHS since commencing my Registered Nurse Training in September 1993. I was a Junior Sister in a high Dependency Unit then took a Ward Managers position in a Regional Head and Neck and surgical Ward. I have worked as a Clinical Educator supporting Preceptorship Nurses and supporting, training and managing the Overseas Nurse Education programme for the Trust in which I was working. I acted into a Matron's role during the height of the COVID pandemic supporting the staff on the COVID wards predominantly and have been in my current post as Surgical Matron for 20 months.

I like to motivate others by:

Trying to take time to listen to staff concerns and giving them the opportunity to work through their problems, guiding and supporting them and empowering them to make decisions with integrity and reason so they can take pride and ownership in their solutions. Offering reassurance that life and work is often like a roller coaster but that you need to ride it until the end to even out the ups and the downs.

A personal value I stand by is:

Do not ask someone to do something that you are not prepared to do you yourself and treat all individuals as you yourself would like to be treated.

Others would say my best leadership quality is:

I feel I am open and listen well. I allow staff the opportunity to work through their problem, guiding and supporting but empowering them to come up with their own solutions.

My main strengths, skills and qualities that would benefit a mentee are:

I listen well and when I commit to a task I like to see it through to the end. I appreciate that people learn and work in different ways and at different speeds so I am flexible and open in my leadership style to try and compliment the individual I am supporting at the time.

My interests outside of work include:

I play the clarinet so for two lovely hours a week I enjoy playing with my friends in our local town concert band. As a family we all love music and like to have a least one music concert in the pipeline, we also enjoy walking, especially in the Lake District, we are over half way through ticking off all the Wainwright Hills as a family

Anything else of interest:

I love to travel both in the UK and abroad and we enjoy taking our son to all the places we were lucky enough to visit before he was born.