



CONNECT WEEKLY

HEART TO HEART with the EDITOR



NAME: Mary O Shea

POSITION: Site Manager, University Hospital Kerry (UHK)

What are you most proud of? I am genuinely proud of how the team have stepped up during COVID 19. I have watched them grow. I have seen people who were shy and timid, flourish into confident, outgoing proud individuals. We treat each other like a family, where we are there for the highs and the lows. They always know they have someone to turn too which is extremely important for team members who may not have anyone else here in Ireland.

What gives you strength? I feel I have a greater purpose in life for others. What it is I still do not know but one day I will.

When did you join Momentum Support? I have worked for Momentum Support since they were awarded the contract for University Hospital Kerry on the first of November 2018.

Tell us about your competitive streak? It started when Sinead Grogan, Senior Operations Manager suggested that we enter UHK in the 2018 IASI Awards. I was confident that we would do well, (maybe even a gold award) as I believed the standards on site are high. I was thrilled when Sinead sent through a winning picture of the Gold Certificate, but within moments a second picture confirmed we had won the Runner Up Supreme Healthcare Award. I was beside myself for the team. Unfortunately, we are very competitive in Kerry and once I knew we had won Runner Up, the challenge was to win supreme the following year. Delighted to say we did it in style. 😊

What inspired you to take on the 20.4.20 Suicide or Survive SOS challenge? How is it going for you so far? Initially I signed up to represent David Ferguson and Sinead Grogan. They have always been so helpful and supportive of us and I wanted to give something back on behalf of the healthcare team. It was a great cause and personal to my own life as I had lost my brother Brendan to suicide 12 years ago on his 23rd birthday.

At the time of signing up I had a fractured toe and a torn knee. I didn't know how I was going to achieve the 1000KM challenge by September 2020! But I knew one thing, "fear will not stop me from doing anything".

20.4.20 has been more than any of the team members expected due to the COVID 19. All our original plans went out the window when the country went into lockdown, but we had committed to the challenge and would not use corona virus as a get out of jail free card. We now had to pivot and think of new ways to complete the 20 kms and raise 20k. It's been an amazing journey so far. I have just over 100km remaining to complete the commitment; now we just need the funds and will be making a final appeal to people at the start of September when I and some of the others will be on 'WHAT'S THE STORY' pod cast. Watch this space for final details.

What motivates you as a Leader?

When my team are doing well, not just professionally but also personally. My postgrad is in education so I naturally like coaching people and I am very much a people person. Cleaning is a difficult, often under appreciated or unrecognised job so I like to make sure the team feels valued and know how important they are and how crucial their role is? While doing the job is the main objective, I believe having fun and ensuring we have a comfortable atmosphere is vital. We do not know what burdens people are carrying and if I know that when the staff come to work, they are happy healthy, and supported, then I am happy.

Tell me your favourite quote?

When you know better you do better!

