



## CONNECT WEEKLY

### HEART TO HEART with the EDITOR



**Name:** Catherine Harrington,

**Position:** Project Manager, University Hospital Waterford

#### Tell me about your role within Momentum Support?

I joined Momentum Support as a Retail Site Manager in Dublin. In September 2019 I transferred to Healthcare, University Hospital, Waterford as Project Manager after the company was awarded the contract.

#### Tell me why your role motivates you?

My role is very challenging. It is also diverse in that no two days are the same. The project work I do is time bound and this really motivates me personally as I like to achieve my targets.

#### During Covid 19 many people speak about resilience, where do you think this stems from in a person?

I feel resilience stems from the individual's own personal life experience. During Covid 19 the Waterford University Hospital team showed immense resilience while working on the front line and also experiencing changes and challenges in their own personal lives. I am really proud to be part of a team that embraces such challenges. My resilience I believe comes from my background especially from my upbringing and parents' influence. My Father as a fisherman was away a lot at sea while my Mother raised the family, ran the family home which was also a guest house. She was strong, independent and no doubt a resilient woman!

#### What three men would you like to invite for Dinner?

Nelson Mandela, Barak Obama and my father.

#### Life balance is a priority during challenging times. Describe a perfect day when you are relaxing?

**My perfect day!** I am taking the ferry from Castletownbere to Bere Island with my Dad. My Dad has a small farm on the Island where he tends his flock of sheep. We enjoy walking through nature at its best and taking in the views of the Wild Atlantic Way.



The view from Bere Island on to the mainland Castletownbere



Ardnakinna Lighthouse on Bere Island



Leaving Bere Island on the ferry

#### One last remark from Catherine:

Momentum Support's motto is - **"Big enough to cope, small enough to care"**. That has been my experience from day one and I want to thank everyone.

