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**Lowering the Ladder to Learn and Grow**

Welcome to the Lowering the Ladder Series - a selection of interviews designed to inspire, empower, and encourage each other in the health and safety profession. Those times when we lower the ladder to help someone up, or are encouraged to climb the ladder ourselves, can be turning points in our lives, supporting us as individuals, and the profession as a whole.

**Name:**

**Position:**

**Tell us a bit about your current role**

**What got you started in Health and Safety?**

**Who has helped you get where you are and how?**

**Were there any pivotal moments in your career, that were difficult at the time, but you look back on and understand the value of the experience? What did you learn and how has that helped you?**

**When did you last lower the ladder?**

**If you have an inspirational story to share, the WISE NZ Group would love to hear from you. Please get in touch via LinkedIn.**

**Share one thing with us that you have learned in your career**

**How do you encourage others to learn and grow?**