

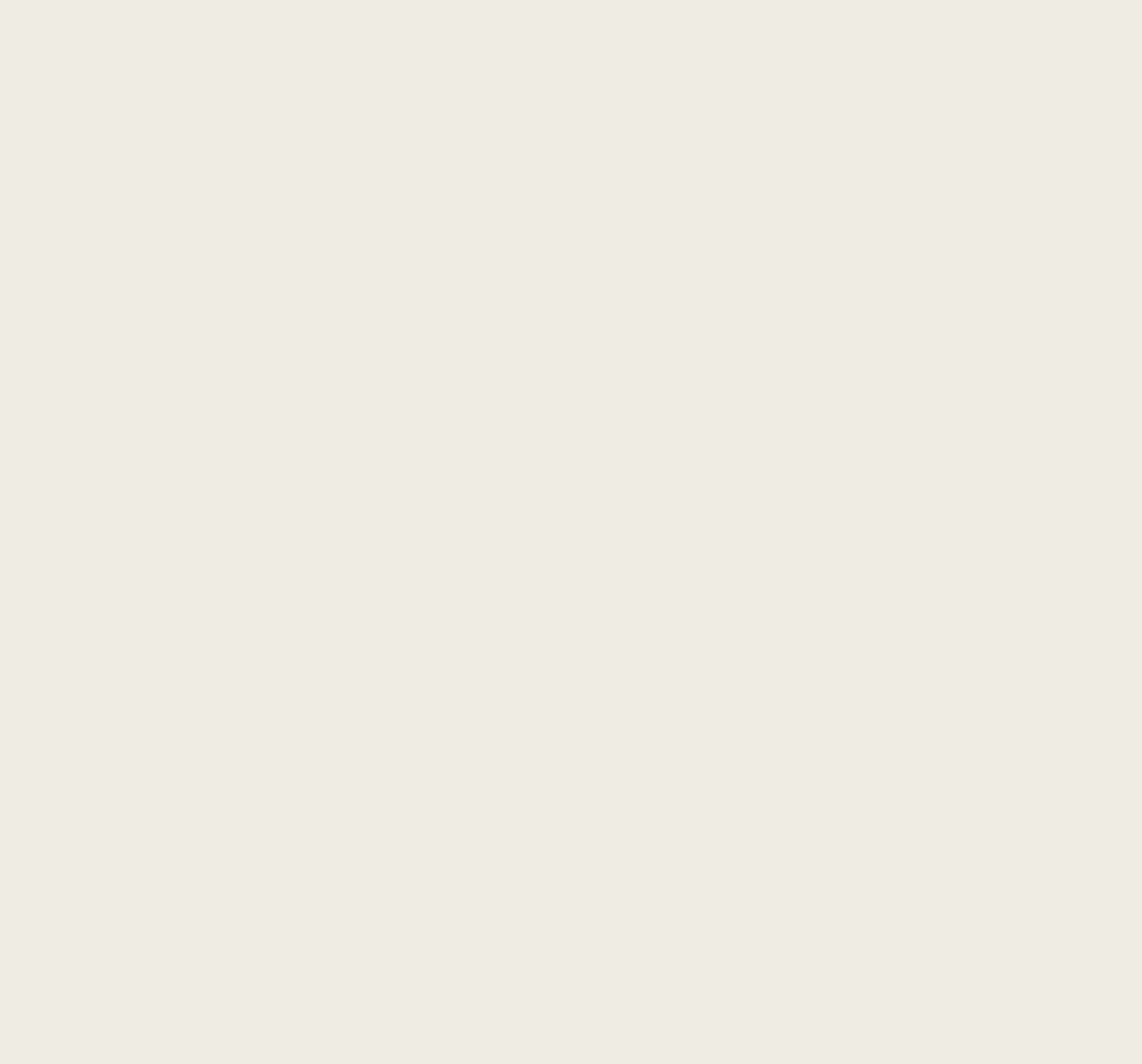
INSPIRE AND THRIVE

Miss Stella Vig
Consultant Vascular and General Surgeon
Croydon University Hospital



Royal College
of Surgeons

ADVANCING SURGICAL CARE



Marie Curie 1903

Won Nobel Prize in Physics in 1903

Only woman to have won
multiple Nobel Prizes

Won the Nobel Prize in Chemistry 1911





Miss Gertrude Ederle 1926



Swam the English Channel
(French coast to England)

"People said women couldn't
swim the channel. I proved
they could."

Before her channel triumph,
she had won gold and bronze
medals at the 1924 Olympics
in Paris, and had set women's
world and US freestyle records
for distances from 100 to 800
metres.



Amelia Mary Earhart 1928

First female aviator to fly solo across the Atlantic Ocean

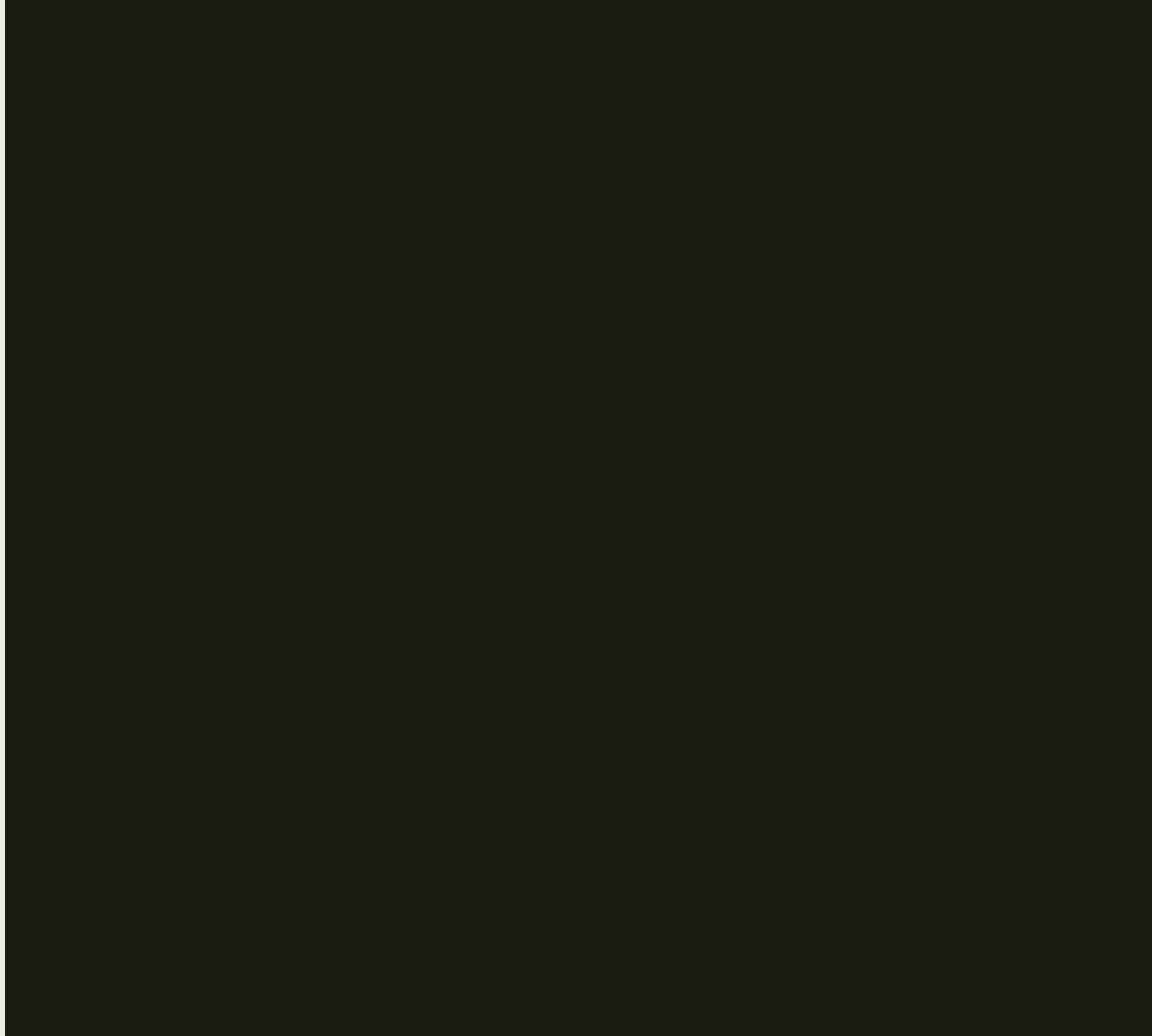




KATHRINE SWITZER 1967



First woman to run
the Boston
Marathon





Junko Tabei 1975

- First woman to reach the summit of Mount Everest and to ascend all the Seven Summits by climbing the highest peak on every continent
- Men refused to climb with her, while others thought she was only interested in climbing as a way to find a husband!

‘Do not give up, Keep on your quest!’



MALALA

Youngest ever Nobel Laureate





People in
Surgery
1000s!






KEEP CALM
I'M GOING TO
CARDIFF UNIVERSITY



Mentors

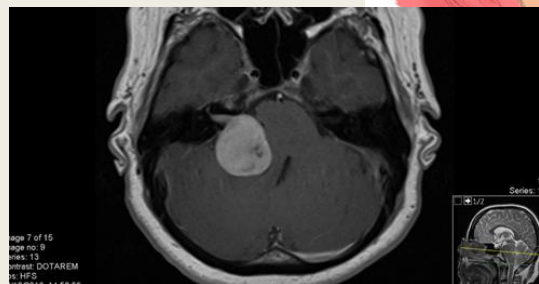


Stella Vig

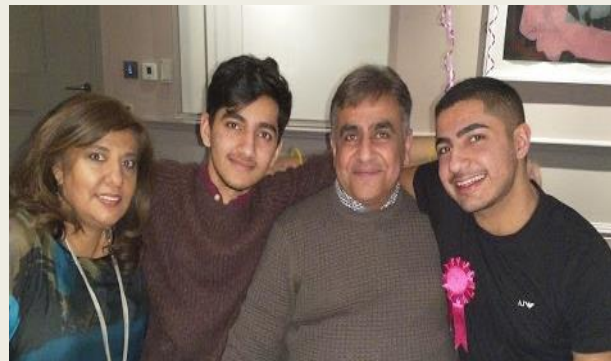
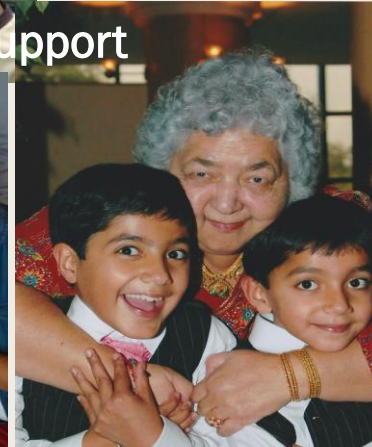
[Following stella.vig](#)
The NHS, Education and Me
Let's all live and learn together in peace
Pages
Me and My Acoustic Neurosis
Reviews



Support



Death/Balance



You are Inspirational!

How?

‘Surgical Banter’

Role Model

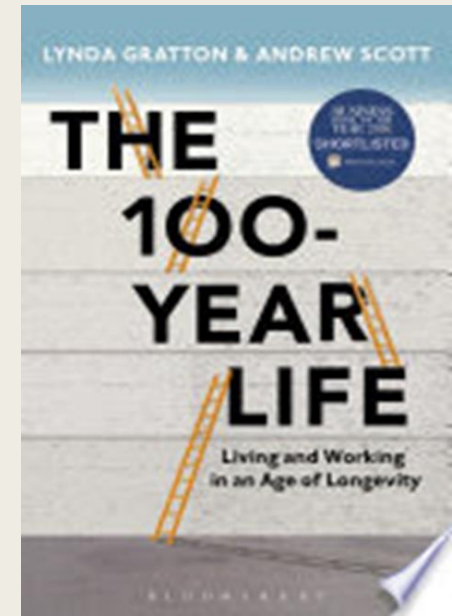
Talk/Build the team

Flexibility

Banish the Rumour for all

Work Life Balance

Accessible





**DR. ROSE
POLGE
WELLBEING
AWARD
2018**

GO FORTH AND PROSPER



Royal College
of Surgeons

ADVANCING SURGICAL CARE