



Embracing Inclusivity: Lisa's Inspiring Path Through Breast Cancer

How did the support from your colleagues help you through your cancer journey?

To be honest, my cancer journey was rarely brought up during work hours, and this was how I liked it. Coming to work made me feel “normal”, it was the only time where I didn’t feel like a “cancer patient”, that meant the world to me as I hated being a “sick person”.

In what ways has your experience with breast cancer deepened your understanding of the need for empathy and inclusivity in supporting others?

It allowed me to appreciate the significance of providing compassionate and inclusive care to those facing similar challenges.

How do you think sharing personal challenges like yours can foster a more inclusive and understanding environment for everyone?

Sharing my breast cancer journey encouraged a more inclusive and understanding environment for everyone around me by increasing awareness and empathy for those facing similar struggles. It helped to encourage open and real conversations and understanding for others dealing with breast cancer. This openness can create a more inclusive and supportive community.

How do you feel we can encourage more open and inclusive conversations about personal challenges, like health struggles, in the workplace?

By creating safe spaces for open discussions providing education and awareness programs, offering support groups, promoting a culture of empathy, and understanding. Additionally, leaders can set an example by openly discussing their own challenges and showing support for employees who may be facing health struggles.

In light of your experience, what message would you like to share about the importance of awareness, early detection, and support for those battling breast cancer?

Many people may believe that you are immune to certain health issues, and I was one of them, but the reality is that breast cancer can affect anyone. This is why early detection is crucial. If you are diagnosed it will undoubtedly be one of the most challenging journeys of your life but following the necessary medical processes and treatments, you will come out even stronger than before.

It’s important to remember that breast cancer does not discriminate and being proactive about early detection and treatment is key to overcoming this challenge.



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How has your journey with cancer empowered you personally and professionally?

My experience with breast cancer has transformed me into the person I am today who is mentally and emotionally stronger than ever before. I take pride in my scars and in the remarkable recovery my body has made. This journey has taught me to be grateful for life and all its offerings in ways that I never imagined. I have gained a deeper appreciation for the strength and resilience of the human body and spirit, and truly grateful for the opportunity to embrace life with newfound confidence and resilience.

What advice would you give to someone in the workforce going through a similar experience, and how can their colleagues best support them?

Employees should communicate openly with their colleagues and employer about their needs and limitations. Prioritise self-care and seek accommodations or adjustments when necessary. Colleagues can offer support by offering empathy, understanding, and flexibility. Be accommodating with work schedules and show emotional support. Respect their privacy while offering help when needed. Create a supportive and inclusive work environment where the individual feels valued and understood.

How do you continue to advocate for and support breast cancer awareness and research?

Through my presence on social media, I dedicate time to offering support and guidance to women navigating their cancer own journey. I strive to not only provide emotional support but also practical advice, ranging from coping strategies for chemotherapy to recommendation on the best wigs. My goal I to uplift people by sharing my experience and any resources that I believe can help navigating the challenges they may face during their cancer treatment and surgeries.

During my chemotherapy treatment I had the opportunity to participate in an immunotherapy trail for breast cancer. This opportunity not only allowed me access to potentially ground-breaking treatment options, but it also provided me with a sense of contributing to the advancement of medical research. I am grateful for the opportunity to be a part of such an important trail and hopeful that the trial will ultimately benefits other facing breast cancer in the future.