

# 15 Questions in 60 Seconds with Bernadette Hughes



## Massage Therapist at Durham House

**1. What would you name the autobiography of your life?**

“Bring it on”

**2. If you could learn to do anything, what would it be?**

Sing.

**3. If you won the lottery, what is the first thing you would do?**

I can think of many things I would do with my money! Initially though I think it would be completely overwhelming and so I would probably book a week away on my own somewhere peaceful or go to a retreat to try and ground myself, digest the news and make a plan of how to share and spend my money wisely.

**4. If you have 30 minutes of free time, what do you like to do?**

I enjoy listening to podcasts and audio books, mostly about the mind or about inspirational people that have been through a difficult time and how they have overcome their challenges.

**5. If you could be any fictional character, who would you choose?**

Tinkerbell.

**6. What is something you learned in the last week?**

How to do Dutch braids in my daughter’s hair!

**7. What’s your favourite indoor / outdoor activity?**

Difficult to choose between running, boxing or horse riding.

**8. What chore do you absolutely hate doing?**

Paperwork and filling my car with petrol!

**9. If you could meet anyone, living or dead, who would you meet?**

Robbie Williams.

**10. Have you ever had something happen to you that you thought was bad but it turned out to be for the best?**

Yes, I have a few examples of this that spring to mind. I’m a firm believer that we are often steered on a path for a reason and whilst initially something may appear bad, further down the line something positive comes out of it.

**11. What three traits define you?**

Honesty, positivity, loyalty.

**12. Do you have a claim to fame?**

No.

**13. What would you do (for a career) if you weren’t doing this?**

Psychotherapy.

**14. What would you most like to tell yourself at age 13?**

To not worry about or be guided by other people’s opinions and be proud of who you are.

**15. What is your favourite thing about working at Durham House?**

Working with such a wonderful team and helping patients to feel better.

