

# 15 Questions in 60 Seconds with Frida Forshällen



## Chiropractor at Durham House

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

How to make gluten free house bricks.

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

Some cool extreme sport, like motor cross or surfing.

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

Buy some land in a ski resort in Sweden. Then build a nice ski cabin that would fit lots of people, have a sauna and a indoor heated workshop (I'm sick of waxing skis in a cold garage!)



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

Work on my photo albums.

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

Hermione from Harry Potter.

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

To make vegan millionaire shortbread for a friend.

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

Indoor is climbing and outdoor, orienteering in the summer and cross country skiing in the winter.

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

Tax return! Always terrified I'm going fill it in wrong.

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

My Grandad - he died when I was 9 months old. Apparently he was quite a character.

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

I tore my ACL ligament in my knee when I was 17. I was so sad that I wouldn't be able to run for a year on it. But, after having surgery, I got interested in the rehab which is what made me want to become a chiropractor.

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

Happy, active and silly.

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

I was on the front cover of Sweden's biggest newspaper when I was 5 years old. The picture is me on the top of a wall bar in a gymnasium and my uncle, a basketball player, trying to get me down.

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

An engineer - both my parents are engineers so I'd probably follow in their footsteps.

**14. What would you most like to tell your 13 year old self ?**

You're only a child once, enjoy it!

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

Being able to help people. I also have very nice colleagues which makes it nice going to work.