

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.