

Sarah Brackett

1. Where are you from?

Born in Matlock but moved 'up North' to Yorkshire at 3 years old and lived there until I left home at 18 to come to Loughborough! Lived here ever since.

2. Why are you in Loughborough?

Originally I came here to do a youth work gap year based here at Kings before going to Loughborough University to study Psychology. I got married just before my final year and after graduation we decided we wanted to stay!

3. Tell us something quirky about yourself?

My husband would say there are too many to mention! I like brushing my teeth with my eyes closed and banana and peanut butter may be the best flavour combination ever!

4. Tell us about your family?

Married to Andy who is a Clinical Psychologist.

5. What are you passionate about?

I have my own business as a qualified nutritionist, which I do as well as my role here and am passionate about people looking after their physical and mental health as well as their spiritual health – it's all so interconnected.

6. 5 words that best describe you. Go!

Straight-forward, efficient, resilient, thoughtful, outdoors-y!

