

Celebrating the Women of MTW



Sarah Flint's story shows that a good idea as a teenager really can pay off!

Sarah is the first Doctor in her family. Her parents didn't go to university but her Father got a scholarship into a good school and runs his own business. Describing herself as "feisty", a young Sarah was entered into an entrance examination which she passed and provided her with a funded place in a private girls' school. She grew up never really thinking that being a woman made any difference to what she wanted to do or achieve. At the age of 16 her best friend decided she wanted to go into Medicine and Sarah thought it would be a good idea for her to do it too!

Always willing to challenge injustice, the care of patients and those dear to her are her top priority. And it may have been that personality that helped Sarah through her career. Having gone through her medical training and successfully qualifying she became a Consultant at the age of 35 with two young daughters. Her husband, also a Doctor, worked in Kent so they decided to move to the area so that they were able to spend plenty of time together as a family.

Leading on ultrasonography for the Trust, it wasn't long before she was approached to become the college tutor in the Trust. Sarah became a regional Training programme director but when the Head of School resigned she did not feel ready to take on this role. She worked closely with the Interim Head of School and at the end of the tenure, Sarah realised she had gained the confidence to move into the role herself. She was the Kent, Surrey and Sussex Head of School for Obstetrics & Gynaecology for 7 years and loved supporting the trainees progress in their careers. Sarah has recently been promoted into the role of Deputy Medical Director which she believes is a great position to drive forward the best patient care.

Sarah is very proud of her two daughters who she describes as "amazing" and her greatest achievement. One is in her third year as a medical student and the other is in her first year at Oxford. Having always worked full time, Sarah is aware that the working environment can be tough – juggling children with a job means that compromises inevitably have to be made. She has never felt that she has missed out either with her family or with her job but recognises that "it's not always straight forward, it's not easy". Sarah has always been able to rely on the support she gets from her husband, family and friends and they know that sometimes work commitments means that she might miss out on events. She advocates some "me time" too and loves to run and cycle to brush away the cobwebs.

Sarah really encourages women to progress, to seek out a different path if their initial plans do not work out and believe in themselves. Sarah has been a mentor to many women in the Trust and has developed mentoring for trainee medics. She is looking forward to seeing a Trust wide mentoring scheme to enable all women here at MTW to grow in confidence and ability.