

What is your role in The Foundation?

What has been career your journey?

How do you get experience?

What other types of work have shaped your career?

> Quickfire Questions

JOANNE WALLACE

ACCOUNT ASSISTANT

THE Foundation

So, I liaise daily with our clients who specifically request print-related products. We have got loads of legacy clients that just continually order from us. So I work with them to order whatever they need, from brochures to printed pins and so on. We actually can do anything, anything that's printed. That's our mantra, we can do anything.

Working in print was never a major ambition of mine. At school, instead of A levels. I did a business studies BTech. And then from that, I went on to university and did a course that I didn't really settle in. I took a year out from the course and worked for a friend's dad. It sort of was in print because he had a company that did branded garments for school uniforms.

I worked for him for a year but I still just wasn't really ready to settle into that type of work. So, I thought I just want to go back to University, and I did a Consumer Studies degree.

The first job I had after that was in sales for a printing company, then I left there and went to another printing company – stayed there for a couple of years, and then I went to an agency, learnt a bit about digital, then a photography studio before finally landing here at The Foundation in 2002 and I've been here ever since.

You need to try a bit of everything and try to dip your toes in it all. Get yourself out there.

I don't think anything really that I have ever done outside of work has helped me within work. But then probably the impact that it has had is that you find a release in the hobbies and things you do. It's important to have something you can use as a break.

What do you do in your free time?

I teach dance classes and spend time with my family.

What's the best piece of advice you've received?

Get to know yourself and know who you are as a person.

What advice would you give your 16 year old self?

Make sure you do lots of things and create many facets of your life as such, so you know that's what you do outside of work. It's important to switch off when you leave work – you come back feeling refreshed.

Who has inspired you?

Angie, our Contract Services Director. I've worked with Angie for 21 years. We've worked together, we've sat together for years. So obviously, Angie's always given me support when I need it.

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