



Linda Crozier

Dietetic Team Lead

Introduce yourself. Where do you work? What is your job role?

My name is Linda Crozier, and I am a Dietetic Team Lead in Belfast City Hospital.

What does your job entail?

My job is varied, the main aspects include being a team lead, leading a team of eight, ensuring that professional standards are met and mentoring staff to ensure that they are the best that they can be. I also have a clinical role where I am the Clinical Lead covering the Acute Mental Health Inpatient Centre and I also cover a Haematology inpatient ward. Dietitians assess, diagnose and treat dietary and nutritional problems.

How did you get into this line of work?

I always had an interest in food and nutrition and my careers advisor in school suggested I did Dietetics at university.

Outline your career to date

I qualified in 2002 completing a BSc (Hons) in Human Nutrition and Dietetics. I started working in Belfast City Hospital after qualifying and I have been there ever since (21 years). I have covered a wide range of areas including General Medicine, Gastroenterology, Diabetes, Respiratory, Cystic Fibrosis, Oncology, Haematology, Elderly Care and Mental Health before choosing to specialise in Mental Health which is an area I am so passionate about.

Tell us about your qualifications and training

I completed a BSc (Hons) in Human Nutrition and Dietetics at Coleraine University and I further completed Masters Modules in Eating Disorders once I started working.

What qualities are required for your job – personal and professional?

Dietitians need to be good at communicating, have a love for working with people, be organised, and be able to use your own initiative, be empathetic and work well as part of a team.

What is the best advice you have ever received?

Accept that we are all human and everyone will make mistakes throughout their career but you need to be willing to admit when you are wrong and learn from it.

Tell us an interesting fact about yourself

I once did a photo shoot with my husband for Direct Holidays and was on the front of their holiday brochure.

What do you like to do in your spare time?

Read, shop and clean.

Who has inspired you most in your life?

My great aunt who is almost 102, she always has such a positive outlook on life and never complains.

What advice would you give your 16-year-old self?

To have more confidence and worry less.