

KENT LIFE

YOUR ESSENTIAL MONTHLY GUIDE TO THE COUNTY

kentlifemagazine.co.uk MARCH 2023

Super women

Meet Kent's leading ladies in the worlds of sport, business and fundraising

10

PUBS PERFECT
— for —
MOTHER'S DAY

DISCOVER DEAL

Why this coastal town has been named 'most charming'

MUM'S THE WORD

The Tunbridge Wells author behind Tummy Time tale

MAISIE SMITH

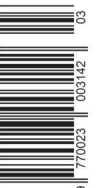
From EastEnders to Canterbury

THE MANY AFFAIRS OF VITA

Dramatic life and loves of Sissinghurst's green-fingered author

Spring Gardens to see and places to stay... days out

£3.99



For rapid relief of pain, swelling and inflammation

Safe, non-invasive and painless treatment, useful for the following conditions:

- ❖ Muscle spasm and pain
- ❖ Arthritis
- ❖ Sprains & strains
- ❖ Back pain
- ❖ Hip pain
- ❖ Knee pain
- ❖ Sciatica
- ❖ Bursitis
- ❖ Tendonitis
- ❖ Haematoma and oedema
- ❖ Sports injuries

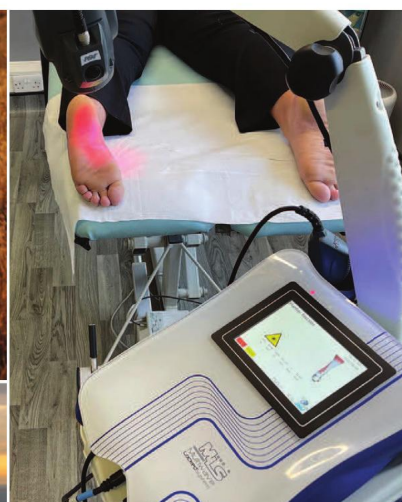


Ask us for details about Laser Therapy

And get back to doing what you love



ASV
A SALASER





LEADING LADIES

Podiatrist Jay Lall is director of Kent Foot & Ankle Clinic and Proactive Wellbeing Clinic, both based in Rochester

Tell us a bit about yourself and your company

With 26 years of experience in the best hospitals, NHS trusts and private clinics in the country, I was renowned for being amongst the best in the field. I was headhunted twice for flagship stores and managed Podiatrists and teams from age 26. I have now built two successful, multi-award-winning companies. We are committed to helping our clients live a more fulfilling life, overcome health problems, and achieve better wellbeing with a range of individualised, cutting-edge treatments.

What inspires you to do your job every day?

My love for helping people and wanting to do my utmost for every individual to help give them a better quality of life inspires me. Seeing patients arrive limping in, then walking out pain-free is hugely rewarding. My passion for wanting to help people, combined with seeing a gap in the market inspires me. I'm also passionate about working hard so my children won't have to face the many sacrifices that I did.

What do you think it takes to succeed within your field?

It takes having a strong vision and being resilient. Knowing how to prioritise would be a strong skillset as it allows one to work efficiently, productively and enables the juggling of numerous projects simultaneously for a better work/life balance. Confidence and self-belief are imperative.

If you had a personal motto, what would it be?

Nothing is impossible, but remember to be grateful throughout your journey, as life is a true blessing, so live it wholesomely.

Name a woman (fictional, famous or just important to you - perhaps someone in your family), who's inspired you at work or at home and explain why.

At the beginning of the 20th Century, both my great-aunts, Baldev and Kirpal Kaur, the first two girls in the Punjab state of India, decided that they would attend school at a time it was prohibited. With the support of their brother (my great-grandfather

Thakur Singh Sandhu – Captain in the British army (who also raised my grandfather – also a Captain in the British army) they embarked on their educational journey. They endured immense backlash, with daily taunts, nevertheless, they persevered with their vision of a better future for women. Ever since, there's been a huge emphasis on educating women in our family, especially on the promotion of equality.

Have you ever been given a particularly useful piece of business advice by another woman? If so, what was it?

Indra Nooyi, the former CEO of PepsiCo once said "you may be the president or whatever of PepsiCo, but when you come home, you are a wife and a mother and a daughter. Nobody can take your place. So, leave that crown in the garage". ■

proactive-wellbeing.co.uk
kentfeet.co.uk