

Ed's letter

It's March; the sun is out, the temperatures are rising, and my six-year-old has already hung last year's decorated plastic eggs in random places around the downstairs. Green buds are starting to appear on wizened wintry plants, and I'm vaguely wondering if I should wear a thinner coat – or just a warm cardie on the school run. Just me?

There is definitely a feeling of coming out of hibernation as the days get longer and warmer – you may be looking ahead to new possibilities, your next career move (or just your summer holiday!). Squeezed into this online issue of *BDJ Team* is a whole host of inspirational stories about dental professionals who have really made the most of opportunities that came their way.

Our stunning cover star Rochelle Fisher began as a dental nurse in the UK and has since become an Australian citizen with her own training company, after spotting a gap in the market. Rochelle loved being a dental nurse but a little voice in her head whispered 'Is this all there is? What else is out there?' and she decided to take action! Read Rochelle's article as she's very positive about dental nursing in general and why it should be celebrated. A feeling echoed by Lorraine Dingwall, who has written a letter to the editor about 'the indispensable work of dental nurses' in this issue.

Laura Lane contacted me through *BDJ Team's* Instagram offering to share her career story too – Laura progressed from dental nurse and assessor to managing director of a dental nurse training academy here in the UK. Any feelings of self-doubt when offered her senior role were quashed when Laura's husband reminded her that she knew the company inside and out, so she took the leap and never looked back.

Another Laura (Williams) is a registered dental therapist but also a qualified yoga teacher and breathwork coach. She writes in this issue about disordered breathing, improving your breathing and what this can do for your wellbeing – always important in dentistry.

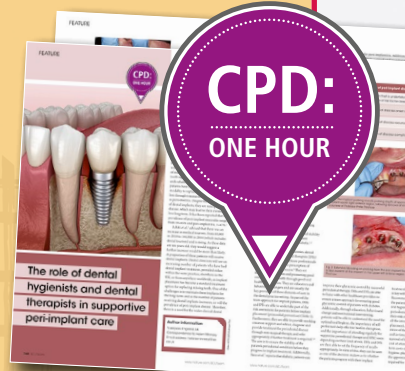
Meanwhile, Katie Lewis, another experienced dental nurse, shares a day in her life as Company Director of a dental recruitment agency in Manchester – and Rebecca Power describes life studying dental hygiene in Essex as a mature student.

This issue has many more articles besides – too many to list here. So put your feet up in a sunny spot with your preferred reading device and have a good browse.

Kate

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