

spotlight



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'ONCE YOU HAVE FAITH IN YOURSELF, LIFE BECOMES EASIER'

TRISH HAMMOND talks self-trust, cosmetic surgery and riding the ups and downs of business.

TELL US A LITTLE BIT ABOUT YOUR BUSINESS I started Plastic Surgery Hub three years ago to provide a safe space for offering support and guidance to people undergoing plastic or cosmetic surgery. I believe people who have decided to improve their image, health and appearance need to have the chance to make informed and clear choices, as well as assistance with facing their fears and emotions.

AS I GO ABOUT MY WORK, MY GOAL IS... to ensure patients are prepared and have the knowledge they need to go through the process as painlessly as possible from start 'til end. Our programs and platform enable you to find the right professional tools for recovery while feeling safe and cared for.

WHAT DO YOU LOVE MOST ABOUT WHAT YOU DO? I love networking and connecting. I love helping our

community, providing support and pointing people in a direction that might help them in their plastic or cosmetic surgery journey. I also love being a part of such a fascinating industry that is constantly evolving with new technologies and discoveries every day.

WHAT IS THE HARDEST LESSON YOU'VE LEARNT AND HOW DID YOU LEARN IT? Everyone has advice and think they know what's best. But only YOU know what's best for YOU. Follow your heart. There are no mistakes, only

experiences – you just have to lessen your bad experiences and increase your great ones. I found that out after some false starts, some disappointments and some hard times, but once you get your faith in yourself it becomes so much easier.

THE LAST THING I TWEETED OR POSTED ON INSTAGRAM WAS...

Me and my fur-kid called Boobs. Yes, his name is Boobs!

WHAT ONE TRAIT HAS HELPED YOU MOST IN YOUR WORK? I've realised over time that I'm a big-picture person. I don't like getting bogged down in the processes – so I always ensure I surround myself with people that can handle the processes for me.

DO YOU BELIEVE WOMEN CAN HAVE IT ALL? WHY OR WHY NOT? Of course they can! Life is what you make it.

Whatever you put into it, you get out of it. Juggling a family can be hard. I was a single mum for many years, so I know how hard it can be! But persistence and a positive attitude will get you there.

WHAT'S THE ONE GOLDEN PIECE OF ADVICE YOU COULD OFFER OTHER WOMEN IN BUSINESS? Business has so many waves of ups and downs. My golden piece of advice is to learn how to ride those waves!

NAME THREE THINGS THAT MAKE YOU HAPPY AND WHY ... My family, my fur-kids and where I live. I live in one of the most beautiful spots in the world, Byron Bay – the most easterly point of Australia, and I never take it for granted. I'm also pretty lucky to have a really supportive, loving and wonderful partner.

DESCRIBE YOURSELF IN FIVE WORDS. Generous, creative, energetic, vivacious and forgetful. ✨

Quick questions...

Last thing I Googled How many episodes in Series 1 of Game of Thrones? Yes, I've just started!
Three items in my bag I can't live without iPhone and earplugs, Aesop Hand Balm and Hurray! Lip Balm.
Fave website businesschicks.com.au – it's how I keep myself motivated.
Fave brew Macadamia Flat White from Sparrow Coffee in Byron Bay.
Quote I love "Life's short – eat the cake!"