

# Interview with Emily Douglas



1. What rank did you become in the Army and what was your main role?

I am currently a Major and I've had 2 roles during my career. Initially I was a Logistics Officer and then after further training I became a Psychology Officer.

2. When did you join Army and when did you leave?

I joined straight out of school in 1999. I left full time service in 2019 and have been in the Army Reserves since then.

3. What made you want to join the military?

My school had a cadet corps and I really enjoyed being part of this. I also liked the idea of being able to go to university whilst also being in the Army.

4. What does it feel like to be in a war zone or be deployed?

There is often a lot to think about. You need to consider your own safety as well as that of your team. You need to trust your training and focus on your job.

It can also be difficult to be away from family, but you get use to this and get a lot of support from the people you are working with.

5. Did you have any difficulties being away from your family while serving in the military?

I didn't find this too bad as my husband was also in the Army for a while and we did our first deployment together. It was harder to be away from my children but having a husband who understood the work I was doing was able to support me

and my children learnt to do a few more things for themselves whilst I was away.

**6. Have you seen opportunities for women in the Army change over time?**

Yes definitely. When I joined over 25 years ago females weren't able to be employed in all the roles men could. This has now changed. There has also been changes in the working arrangements for both men and women which help you have a military career and care for your family.

**7. Were there any female role models who inspired you?**

Yes there has been many. At different times during my career there have been females that I have been mentored by and helped me improve how I do my work. It is also amazing to know that the next Chief of the Army will be a woman. This is an outstanding role model for anyone joining the military.

**8. Do you feel like your time in the military has equipped you for any roles outside of the Military?**

Yes definitely. Due to the need to move around a lot in the Army you get very good at quickly making new friends and being part of new teams at work. This has helped me now as I can very quickly find ways to work with people I have only just met.

**9. What was your favourite part of your time serving in the military?**

I have enjoyed the opportunity to do roles that you don't get to do any where else, along with the chance to travel and experience a range of different cultures.

10. What was the proudest moment of your service?

It's tricky to pick just one as there has been many great moments. It was probably when I got to go to Afghanistan to support a complex task involved a small team of Army members.

11. Did you face any challenges as a woman in the Army?

There were some challenges managing my career alongside my husbands as it was often assumed that his would be a priority rather than mine. Even though we had agreed to take it in turns.

12. What is one lesson from your service that has stayed with you for life?

Treat everyone with respect and always be open to learning new things.