

Robert Grech

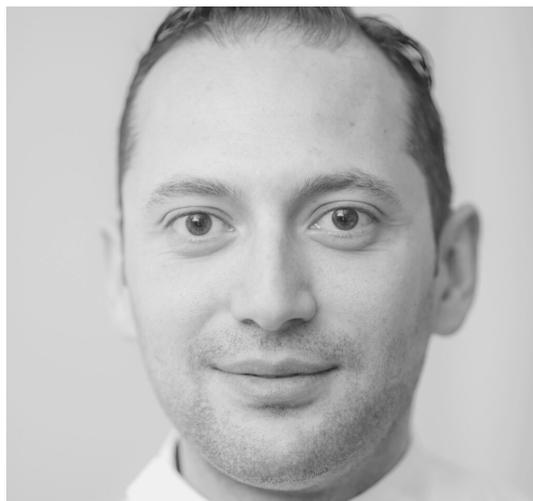
Graduated from the LSO in 2010 and has gone on to set up a successful clinic in Malta.

What are your best memories of studying at the LSO?

Tutorials with our former Principal Robin Kirk were always inspirational and I take the opportunity to dedicate this to the memory of Robin and his great contribution to the osteopathy profession. I'm not a 'pub' person but I definitely enjoyed gathering with my classmates after lectures at the weekend, where of course, the main topic of conversation was osteopathy. The LSO was a place where I received a lot of inspiration from my fellow schoolmates who came from different backgrounds and walks of life. I was particularly inspired by those who chose osteopathy as a change in career - not only for professional reasons but also for self-development.

Do you still keep in touch with your classmates?

Being in Malta, I occasionally have former classmates contacting me to plan a holiday here. Unfortunately I missed our recent re-union but the wonders of social media keep us all in touch. I am so happy to see many of my former classmates succeed in their work and clinics. Indeed, I consider some of my best friendships to have started at the LSO - we have been to each other's weddings, visit each other and keep close contact.



You worked in the UK before deciding to set up a practice in Malta. What are the main differences between working in the UK over Malta?

The UK allowed me to work with experienced osteopaths and I am lucky to have had the opportunity to work alongside osteopaths with over 30 years of experience - something which in Malta would not have been possible. I have learnt a lot in the time I worked in the UK and I consider this as an extension of my learning experience at the LSO. In London, I rarely had anyone look at me with a blank face when I told them that I'm an osteopath - because the profession is well established and greatly respected by the general population. In Malta, however, osteopathy was only known by the small expat community and I still have a hard time explaining what the profession is all about. In fact, I was the first osteopath to be registered in the country, back in 2012.



Did your time at the LSO help you make the decision to set up on your own ?

Definitely. The LSO organised lectures by an accountant, who explained all the intricacies of being self-employed and also pros and cons of employment. We also had visits by practice management consultants who taught us about websites, marketing etc. Most of all, we were encouraged to visualise and write about our future projects, business plan and how we can make a difference in our community. Such topics were never discussed within my Physiotherapy course and I owe a lot of what I learnt about being a clinic owner to the LSO, my mentors in the UK and my fellow schoolmates with whom we discussed ideas for our projects.

What is the most enjoyable thing about being an osteopath?

When working as an osteopath, no day can be the same like the previous. Each day I am faced with challenges and opportunities for learning, both on an academic level and also in personal development. Osteopathy gives you the opportunity not only to make patients feel better physically, but also emotionally: they get back to do the things they love, even if it is a simple things such as gardening or walking the dog. The satisfaction you get when you bring joy to someone's life is something you can rarely experience with other jobs .reasons but also for self-development.



What would you say to anyone thinking about studying osteopathy at the LSO?

The LSO brings you some of the best lecturers within a professional, yet non intimidating environment. The teaching clinic is run like clockwork and the input you get from the supervisors is invaluable. In times of doubt and struggle, I had always found a helping hand at the LSO and student welfare is definitely high on the agenda.

Do you have any advice for anyone thinking of studying osteopathy?

If you are particularly empathic in nature, possess an open mind for learning, want a sense of purpose in life and a way to contribute to the community, then osteopathy may be the right career for you. Osteopathy can also give you opportunities to further your studies and delve into research. There are emerging opportunities in employment, so it is not necessarily the case that you need to set up on your own (it may not be for everyone).