

My motivations for submitting my application to become a member of ENEA Executive Committee are:

- Firstly, it would be an honour and privilege to continue serving ENEA at the highest level, now my term as EYRC board member has recently expired. I identify myself with ENEA's mission in shaping the future and advance the field of pituitary and neuroendocrinology. I strongly believe the ENEA's role in advancing neuroendocrinology throughout Europe by supporting the Endocrine/Pituitary community in many ways, such as stimulating education and training, elevate clinical standards and propel research among basic scientists and clinicians dedicated to pituitary and neuroendocrinology.
- Secondly, throughout my PhD in molecular endocrinology in London, I developed skills and knowledge in basic science, which together with my clinical training and practice in endocrinology (in different countries), allowed me to have a broad and comprehensive overview of the neuroendocrinology field in its various dimensions, and makes me feel ready to embrace the challenge of representing ENEA as an ExCo member, a position that in my opinion requires an overarching perspective equally supportive of the clinical, basic science and translational dimensions in pituitary and neuroendocrinology.
- Thirdly, I believe that my work experience and various roles/positions in different societies and organisations, including the European Society of Endocrinology (ESE – Scientific Department Project Manager), the Portuguese Endocrine Society (SPEDM – Vice President), EYRC (Board Member), Endo-ERN (member of Transversal Working Group Genomic Testing), European Medicines Agency (EMA - Advisor and Expert Member in the field of Medical Devices and In Vitro Diagnostic Devices in Endocrinology and Diabetes), has provided me with relevant skills, knowledge, understanding as well as international networking relationships, which will be useful as an ENEA ExCo member ambitioning to further grow our society.
- Fourthly, the opportunity of becoming an ENEA ExCo member will further improve my international relations in a context of a large European society, which is very appealing to me, but on the other hand, I trust that my European background will be an asset to an international and inclusive association like the ENEA. In fact, I define myself as a true European citizen, born and raised in Portugal, who soon started the journey through Europe (still during medical faculty with a 4-month study period in Hungary), and after becoming a board certified Endocrinologist had the opportunity to spend some years abroad in the UK (London), Netherlands (Leiden and The Hague) and Malta. Such living and working experience abroad have undoubtedly enriched me and opened my horizons, while helping me to develop crucial skills for a person working in a multicultural environment, such as communication, cross-cultural sensitivity, empathy, adaptability, flexibility, social awareness, active listening and cultural intelligence.
- Fifthly, the possibility to create bridges and support the organisation of international collaborative initiatives, projects or events is truly exciting to me. After living and working abroad for many years, and participating in different international societies, I am completely convinced that collaborative research and joint projects at a global scale are those that more likely will significantly improve science, medicine, health and society, while allowing the individual and collective networking, knowledge sharing and learning opportunities. Key features in such international initiatives are gender balance, geographical distribution, inclusivity and equal access to opportunities, including for young and early career individuals, are fundamental pillars, and aspects that I always advocate in any initiative or decision to be taken within the ENEA Executive Committee.