

Julia Grizenkova

Language(s) Spoken: English, Latvian, Russian



Role: Laboratory Manager

Bio: I joined the National Heart and Lung Institute (NHLI) at Imperial College as Laboratory Manager and Section Safety Coordinator for the Gene Therapy. In this role, I oversee the group's laboratories, services, and day-to-day operations, while ensuring that health and safety standards are maintained at the highest level through my responsibilities as Section Safety Coordinator.

As a Mental Health First Aider, I value the importance of fostering a supportive, respectful, and inclusive workplace where colleagues feel comfortable seeking help. I am approachable, empathetic, and always willing to provide a confidential and non-judgemental space. Outside of work, I enjoy spending time with family, travelling and keeping active, which helps me to maintain a positive work- life balance and connect with others.