

Former Student, Dr Catherine Alsworth DC, talks about her career.

After Rugby High

I left RHS in 2011, leaving with A levels in Biology, Chemistry and Drama.

I then went on to study Chiropractic at the AECC, which was affiliated with Bournemouth University. The course was five years long, giving me a BSc in Human Sciences and a MSc in Chiropractic.

Setting up my own Business

I have now been practising Chiropractic for four years, working on the south coast. In September last year I set up my own Chiropractic clinic from home, called Kind Health. Setting up a business during a pandemic was a big risk but the greatest things in our lives are often on the other side of fear and it turned out to be the best thing I ever did!

I love working with people and helping them to realise their full potential. I have a particular interest in treating pregnant women; helping them through their pregnancy journey is simply magical.



Working with people is so rewarding, though in itself a great challenge; there is a big responsibility in ensuring they receive optimal care.

Changing Paths

I was hoping to pursue a career in medicine in school, focusing a lot of my free time on the relevant work experience, with the end goal of becoming a GP. I found the jump from GCSEs to A-Levels quite considerable and thus didn't get the predicted grades to go for medicine at university. At the time it felt like life was over; but actually, it's funny how things happen for a reason. I am privileged enough now to work with people in a natural, holistic, yet still scientific way and I realise that medicine wouldn't have been the right path for me after all!

The Influence of Rugby High

Rugby High gave me the courage to know that I was capable of anything that I put my mind to. I grew up surrounded by strong and empowering females who all wanted to work hard and positively change the world around them. For that upbringing I am forever grateful.

Dr Catherine Alsworth BSc MSc DC

www.kindhealthclinic.co.uk ¹

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