

60 seconds with...

Rachel Long
Senior Actuarial Manager



What drew you to your role at MBE?

I was aware of the exceptional work that MBE had completed for one of their clients through a previous colleague. On my first meeting with some of the team it was immediately apparent that not only were the team members amazing at what they do, they were also extremely friendly, with a great work/life ethos. Joining MBE enables me to continue my career where the work will be challenging and varied, and where interactions and communication are as important as having the technical know-how, whilst being surrounded by supportive, talented and friendly colleagues.

What are your current priorities?

My current priorities include researching the impending IFRS 17 and IFRS 9 regulations and understanding what they mean for our clients, to help ensure that the transition to the new regulations is as smooth as possible for all involved.

How long have you worked in the business?

After a couple of years working in the Oil Trading industry, I began my career in Actuarial/Life insurance in 2007. My previous roles have been within Life Insurance/Reinsurance companies, working in Financial Reporting and more recently as a project actuary, which enabled me to gain experience in other areas, such as product development.

How do you handle unforeseen issues and problems?

Take a step back and a breather – coffee breaks are always good – then make a list of ways to tackle the issues and discuss with colleagues if necessary, before tackling the problem in hand.

If you could pick anyone, who would you like to be trapped in an elevator with?

Depends for how long.....if it were an eternity with no hope of escape (although this is unlikely), then my husband. A shorter term entrapment would have to be with Bruce 'The Boss' Springsteen – legend!

What do you do to decompress after a busy week?

Long walks around the Sussex countryside along with a trip or two to the local pub!