



What people like and admire about me...

My family, friends and colleagues describe me as:-

- **Articulate** – Very good at explaining things in detail, but keeping information precise at the same time.
- **Honest** – Being confident when talking about past experiences to others and speaking up when I make a mistake. I don't like letting others down!
- **Compassionate** – Making sure everyone, regardless of their needs and personal characteristics, are treated fairly and with respect.

What's important to me...

- **Good teamwork** – This allows me to identify each person's strengths and skills. Making sure everybody feels included in a task.
- **Independence** – I don't need to be watched all the time, but I like somebody nearby to speak to when I need help.
- **Making decisions** – This makes me feel I can make a positive difference for myself and other people.
- **Having a voice** – Opportunities to represent people with autism and learning disabilities.
- **Being praised** when I do something right.

How to support me well at work...

- **Speaking slowly and clearly** – This allows me to break down what you have said, otherwise my mind doesn't always know what to focus on.
- **Allow me time to ask you questions or give you an answer** – This gives me time to process the information. If I don't have a question or an answer for you straight away, it doesn't mean I never will.
- **Tell me if I go off topic or repeat things** – Please don't be afraid to say this. Sometimes I don't see the bigger picture straight away or know how much information you already know.