



What people like and admire about me

- I am friendly & fun
- I am interested and interesting
- I am utterly reliable
- I am good at including everyone
- I am committed to making a difference for people
- I am focussed & calm and always have an ear to listen
- I am open, loyal and honest.

What's important to me

- Home and all that goes with it – family life, peace, security, comfort.....
- My work – I like to be challenged and stretched and feel like I am making a difference. I am most productive working in a flexible way.
- Balancing work and home life can sometimes be tricky. I need to make sure that I get the balance the right.
- It is important that I feel I am doing a worthwhile job and making a difference.
- I like to see things happening and peoples lives changing by my contributions.
- I like to run at least three times a week, this helps me to think. I have some of my best ideas' whilst running! When it rains though I go to the gym.
- Holidays and breaks – I like the sun in the summer and I enjoy ski-ing and the snow in winter. I like to keep active wherever I go.

How to support me well

- Generally I am a very positive person, I am always able to see the 'bright' side.
- However, if I am troubled by something I feel very strongly about, I will need to talk about this. I don't have to be right but I do have to feel I've been heard.
- If I'm quiet it doesn't mean I am not engaged it often means I'm thinking! Let me think!
- If you tell me you're going to do something I will expect you to do it or told as soon as you know it cant be done. I can get frustrated when people don't keep me in the picture.
- I like to be told I am doing a good job. This will encourage and motivate me. I also need to be told when I am not doing a good job. I need this to be done clearly and sensitively.
- I like to talk (some say a lot) and sometimes I need to 'rant' – once done though