



What people like and admire about me...

Honesty and resilience- I don't give up
I respect and listen to others
Supportive and helpful style
I always see the positive in situations
Lifelong commitment to learning
Reflective
I really like people

What's important to me...

My family, my husband and two daughters
Fair play, justice and equality
Exercise (I go the gym 4 times a week as well as daily walking and occasional running!)
Our planet: I love green spaces and clean air and want to be outside as much as I can. I am currently suffering from quite a lot of climate crisis anxiety!!
Helping people and knowing that what I do is valuable.
Having my diary and a To Do list....sadly I love my lists and fear I can't live without them!
Having quiet time to reflect and process. Although I am an extrovert I really need time away from people every so often so I can think and recharge my batteries.

How to support me well at work...

Be direct and honest with me. I prefer to know what is happening even if it is something negative. I like working together with people in an open and transparent way.
Don't be offended if I ask a lot of questions. Help me understand what is going on by giving straightforward answers.
I like facts and figures so, if we are talking about something like a business case for example, I like to see the relevant information at the outset of our conversation.
Conversely, I also like to know how people are feeling and the quality of their experiences, so too many facts and figures can be off putting!
I like action! I find it exhausting spending hours in meetings that do not actually achieve anything. However I don't like action just for the sake of it.
Tell me when you don't like what I am doing. I prefer to know so I can modify approach as required.