



### What people like and admire about me...

- I am “pleasantly determined” about issues that are important to me.
- I am generous with my time, support, experience and thanks.
- I stay balanced and positive when things get tough.
- I am a good listener and easy to talk to - even on tricky issues.
- I am open and honest when I don’t understand something or could have done something better.
- I laugh a lot.

### What’s important to me...

- My family, friends, music and books - and spending as much time outdoors as possible.
- The togetherness (and shared ups and downs) of being part of a good team with ambitious goals.
- That my contribution supports other people in some way to have more positive opportunities in their lives.
- New adventures and projects.
- Challenging poor care and support.
- Kayaking – time to think, or sometime just paddle!

### How to support me well at work...

- Be honest and open about challenging issues - sooner rather than later.
- I don’t enjoy waffle, padding or jargon in communications.
- Let me know how I’m doing and please help me if I have misunderstood anything. If I am unclear I may keep asking questions, so please be patient.
- I don’t hear well in crowded rooms, so I may miss some things and need to check with you later.
- A cup of tea always goes down well!