



What people like and admire about me...

- I am passionate and full of energy and enthusiasm
- I have a curious mind and like to seek creative and innovative solutions
- I am loyal, authentic and see the best in people and situations
- I believe vulnerability is a gift, giving us insights into our own and other's strengths
- I am tenacious and resilient and love a challenge
- I will ask for advice and guidance when appropriate, I know my limits and value other's gifts, talents and expertise
- I reflect on feedback and put learning into practice
- I am joyful and love to laugh, seeing the brighter side of life
- I encourage myself and others to have courageous goals
- I notice, and appreciate, the little things in life

What's important to me...

- Having a nourishing and nurturing home life full of love, laughter, music and great food. And my dog Indie.
- Doing work that is rewarding: that makes a meaningful difference, is challenging, stimulating and keeps me on my toes. I love to learn and find out about people, services, places, policies and theories.
- Feeling connected; being kind and compassionate to ourselves and to others is high priority
- Having a strong moral compass: this means I am comfortable (respectfully) challenging injustice and discrimination and/or having difficult conversations. I can't and won't ignore inequalities.
- Being involved in activities (in and out of work) that have positive outcomes and impacts for people and the planet
- Understanding (but not being restricted by) the evidence; I value academic research and seeing how we can translate evidence (what we know) into practice (what we do) whilst remaining innovative and intuitive
- Being organised: there is always a lot happening so I like to be clear about my priorities and direction, but I also thrive in our reactive, responsive and flexible world
- Any top tips on delicious and nutritious recipes and brilliant songs/bands are always welcome; food, music and dancing are definitely important for my holistic wellbeing. As is running and open water swimming! Brrr.

How to support me well at work...

- I am dyslexic and dyspraxic, which is mostly really positive but means I can sometimes experience poor short term memory. Please don't be offended if I ask you to remind me of the details of what you are working on. It won't take me a minute to remember with a prompt.
- I enjoy exploring innovative ideas, alternative options and being enthusiastic about future plans and directions, this doesn't mean I am not fully committed to what we are doing in the moment. Let's talk and work out how our learning and working styles complement each other.
- Be yourself and be open and honest about what's going on, I don't like surprises if things are going off course or wrong. We can always work things out with the right information, sooner is always better.
- Take time to talk to me, I really appreciate getting to know you, finding out who you are, what you're about and what you're working on. Bring positivity and bring your whole self.
- Be clear about what you are saying and/or asking for, I prefer not to hunt for information or requests.
- I value constructive feedback and critical friends, please tell me when I'm doing things well and also where there is an opportunity for development or growth.