

Rachael Dodgson**What people like and admire about me...**

- I am loyal, supportive, conscientious and reliable
- I keep calm in a crisis
- I am optimistic and solution focused
- I am clear on what my values are and they always act as my moral compass
- I have a good sense of humour and like to laugh a lot
- I am friendly and approachable
- I am quick to apologise if I've got something wrong
- I am open to thinking about things differently

What's important to me...

- Feeling like I've made a positive difference to someone's life every day – at work or at home
- Doing the right thing, for the right reason, even when that's difficult
- Fairness, equality and social justice - it really bothers me if I think someone's getting a raw deal
- Remembering that, "people will forget what you said, people will forget what you did, but people will never forget how you made them feel." (Maya Angelou)
- Being part of a culture of high support and high challenge, with an openness to learn
- Keeping in touch with people we support and colleagues – it is very important to me to get out and about regularly and see how things really are
- Genuine engagement and co-production – it gets us to a better end result
- Being part of an organisation that is committed to providing great support to people
- Family, friends, music and holidays
- Wellbeing – I eat a healthy diet (mostly) and exercise several times a week

How to support me well at work...

- I don't like surprises -tell me if something is going wrong sooner rather than later
- Come to me with ideas for solutions not only problems
- If something is complicated pick up the phone and talk to me rather than send a lengthy email
- I can be both succinct and direct - if I have upset you it will not be intentional – please tell me so we can sort it out
- I like to have enough information to make a decision - it usually helps us make the right one
- I'm generally a reflector –it is better for me to have a little time to think about something (even if that's only five minutes). It helps me offer a more considered opinion
- Meet any commitments you've made to me – or let me know that you can't as soon as possible