



What people like and admire about me...

- I am loyal, supportive 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
- I am always up for a challenge

What's important to me...

- My family, friends and (very old) greyhound
- Wellbeing – I (mostly) eat a healthy diet and exercise at least 4 times a week
- Holidays – generally active ones - I recently cycled around Sri Lanka - it was very hilly...
- Feeling like I've made a positive difference to someone 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 upsets 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
- Being a regular presence in services - including working shifts occasionally
- Supporting people to lead great lives by helping to deliver high quality services

How to support me well at work...

- Tell me if something's going wrong sooner rather than later - together we can probably fix it
- Come to me with ideas for solutions not only problems
- If something's complicated pick up the phone and talk to me rather than send an email
- I can be quite direct - I like to think it's related to my northern roots - if I've upset you it won't be intentional – please tell me and we can sort it out
- I'm a reflector – it's better for me to have time to think about something (even if that's only 5 minutes) and come back with a considered view
- I like to have enough information to make a decision - it usually helps us get things right
- Meet any commitments you've made to me – or let me know that you can't as soon as you can