



Simon's one page profile

What people like and admire about me...

- I like to have fun and can see the funny side of things.
- I always appear calm even when things are not going well.
- My glass is always half full so I stay positive about things.
- I don't let people down.
- I listen to people well and check I've heard properly.
- I make things better for people by encouraging and motivating them to do well.
- I'm good to have around when thinking of new ideas.

What's important to me...

- Doing my best whenever I'm asked to do something.
- Being given time to think things through to get to the right decision.
- Being fair and reasonable when dealing with people by respecting their views.
- Not losing sight of what my work is really about – the people we support.
- Getting my work and home life balance right so I don't let people down.
- Having quiet time to reflect on things both at work and home.
- Finding time to do the things I enjoy outside of work like watching rugby and going for long walks.
- Seeing the best in people.
- People being honest with me and me being honest with them.
- Spending fun times with my family.

How to support me well at work...

- Give me all the information I need to make decisions or to contribute to a meeting.
- Give me time to process things so I can work out what needs to be done
- If I'm having a quiet day -please don't keep asking if I'm ok – I will be.
- Make the purpose of a meeting clear to me as I can get distracted and frustrated if you don't.
- Tell me to shut up if I'm talking too much.
- Only send me emails if I need the information in them.
- Give me a quick and early prompt if I haven't done something I agreed to.
- Keep things simple and get straight to the points you want to make about things.
- Give me clear actions when outcomes of discussions require it.
- Help me reflect on how I'm doing with the tasks I'm asked to achieve.
- I'm at my best when people encourage me and tell me what I've done well.
- Keep me informed about what's going on so there are no surprises for me.