

## My One-Page Profile

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

- I am honest and reliable
- I have a good sense of humour
- I like to share my knowledge, skills and personal experiences with others
- I am thoughtful and considerate
- I am dedicated and always willing to listen and learn

## What is important to me...

- Being part of a great team who work well together and communicate effectively
- Continuing to increase my own knowledge base to ensure that I can share the most recent information and guidance
- Having the opportunity to make a difference by enabling people to reach their full potential/goals
- Time with my family, always being with my children before bed and spending time with them on the weekends
- I want to stay healthy and be able to always provide for my family and for their futures
- Treating people with dignity and respect at all times
- To work in a non-discriminatory manner by treating each person equal regardless of their colour, race, origin, sex, religion, and any other factor that would create social diversity.
- Going on family holidays to step away from everyday life and relaxing
- Listening to people and being non-judgemental
- To ensure that the people we support lead the lives they choose

## How to support me...

- Keep me up to date with information and communicate with me
- Be upfront and honest with me
- Be positive and have some fun
- Explain to me in a clear way what is expected
- Encourage, support and talk to me when I am struggling
- Respond to my messages in a timely manner
- Respect my decisions even if you don't entirely agree, same as I would respect yours
- Give me praise for work well done
- Never worry about asking me for help, or support, I love to do it