

Louise's one page profile

What is important to me at work

It is an absolute to maintain a healthy paid work/home life balance. It is important to me to work between 6 and 10 paid days a month, with 1 admin day per week. This is always on a Monday.

My family are my greatest priority and my work is deeply important and precious to me. I have family only time and whilst I always strive to be flexible, this time is precious.

I appreciate my work time being used productively and thoughtfully by others. It is important to me that I know my contributions are valued and included.

That I strive to be the best that I can in my professional capacity and indeed in all that I do.

I can't bear being late. I find it totally unacceptable for me (this is not however, a reflection on you or your lateness).

I am a preparation princess - this is an important ritual for me. My setting up/taking down rituals are extremely therapeutic as this is also my thinking time.

What others like and admire about me



How best to support me

I need to 'see' ideas, using Pinboard/graphics as a productive way of sharing my ideas, thoughts and concerns. To help my often overcrowded brain, it is helpful for me to have either written material or graphic representations at hand to help me focus.

Understand that no one puts pressure on me like I do and that I take responsibility for this eventually. It can help if you offer me thinking time and space, but generally I need to battle it out for myself.

Be clear and specific about anything you want me to do, and give me a deadline if that helps you.

Know that I value honesty and integrity from the people in my life. If I have upset you in any way you need to tell me something, then please tell me. I don't enjoy playing games/second guessing people. I truly hate to think that I may have upset you and would much rather talk and sort it out.

Know that I am extremely loyal and deeply value unconditional relationships with all the people in my life.

That we communicate by text, emails or face to face. I am not really not a lover of the telephone (land-line or mobile) and much prefer face to face conversations or emails.

I often find it stressful attempting to do things from memory. If you need me to check a diary date or commitment, I will not be able to recall it from memory, so either wait until I have my diary with me, or email/ text me a reminder.