

Julie's one page profile

What is important to me at work

To have time to internalise material. This helps me to create a depth of understanding.

To pay attention to the dynamics of the group. I am mindful of underlying currents which reflect group process and consequently learning. These may be personal or professional.

To create a structure to enable me to work effectively, I make lists to remember tasks and goals.

To work in ways that reflect environmental issues.

To travel the night before rather than have an early start if the venue is more than two hours away.

What others like and admire about me



How best to support me

Know that I like to have information in chunks as I need to use it. Written material that I can refer back to allows me to absorb and process new material.

I need people to respond to me when I am sharing thoughts and ideas with them. If they do not, I may assume that they do not like what I am saying.

When I am stressed I need to talk.

If you are working with me it helps if you can be flexible and change a programme to respond to the needs of a group.

I am sensitive and self effacing. I need criticism to be constructive but I would prefer to be told if I am not meeting expectations.

I need to focus when preparing and training and appreciate not being distracted during this time.