

## ALISON'S ONE PAGE PROFILE

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

- Kind hearted
- Fun to be with
- Bright and knowledgeable
- Creative thinker
- Honest and trusting
- Brave



### What is important to me at work...

- To have a clear written list of what I need to do - I have a general list and I then transfer things to a weekly list from this so I can keep on track - I review this often and tick things off as I go!
- That I keep my paperwork organised - I get really stressed when I cannot find the things I need
- That I work to agreed objectives that I take responsibility for measuring my performance against. I really value doing this.
- That I have agreed deadlines for important pieces of work.
- That I have time to concentrate on tasks without being interrupted - I work very well at home
- That I feel I have achieved something that makes a difference to people who we support. I really struggle if I cannot see the connection in what I am doing and the way it contributes to enabling the desired change to happen.
- That I work in a logical, incremental manner. I am very thorough and detail conscious. I have to have all the facts and the big picture before I act.
- That my strengths and creativity are used

### How to best support me.

- That I dislike being late for things - it makes me feel hassled and out of control - give me clear map directions to venues!
- That I find it difficult if I do not hear from people within 2-3 days if I leave messages or e-mails for them. I am fine if they ring and say they cannot deal with it then and give me a time when my needs will be addressed.
- That my learning style is equally spread across theorist, reflector, activist and pragmatist, so remember this when you are helping me to learn
- That I need honest, direct and clear feedback on what I am doing
- That if there is something that I need to learn - take the time to explain it to me - give me some reading to do and show me an example or a story. I will need more time then to talk it over - I need to debate and mull ideas over.
- That I may need help to rip up unimportant bits of paper as I keep everything and read it even if its not a priority
- That I am comfortable in asking for help from others and will
- You need to know that I like to analyse ideas and gain my understanding by doing this through talking to others. I am energised by others and this interaction.