

one page profile



Ruth

What others like and admire about me

Passionate
Principled with integrity
Inspirational
Strong
Creative

What is important to me at work

- I keep working to find a home life balance that enables me to do the things I want to do workwise and spend good quality time with my family.
- I like to have my fingers in lots of pies. I work best when I see how all concepts fit together.
- I am a very visual person and need colour, graphics or diagrams to help me see things.
- I will rely on my ability to improvise rather than have overly detailed instructions. I need to understand the 'why, what and purpose' of something then I can find my own way of doing it.
- I need to have conversations with real people; email works as long as we can discuss the detail during a booked call.
- I must feel valued in the work I do and know it is making a difference to people's lives.
- I must never to be late for an appointment or training.
- In order to get the best from me we must have fun and make time for conversations.
- I must have my phone charged and with me at all times.
- If I forget something please give me a gentle reminder and tell me.
- I like to drink tea all day long, tea, tea and more tea!

How best to support me at work

- I really struggle with home/work balance. This is because I find it difficult to say 'no', especially when it is something I am passionate about or find interesting. Please check out that I have the capacity.
- I have two jobs and fit my admin in wherever possible, please remind me about the things you want me to prioritise; send me a text or email, this really works for me.
- Bad atmospheres make me feel physically sick. I will go very quiet and try to work out the reason. If I have upset or offended you please let me know then we can talk about it.
- I rely heavily on my intuition, it is usually right. This might not make sense to you, please bear with me.
- I sometimes assume that you will know how I am feeling; check out how I am.
- If I am very quiet and avoiding eye contact something is wrong please ask if everything's okay.
- I always have a plan of the work to be achieved on any given training day, however I will use my judgement and creativity in order to get the same results.
- Please send me a text or email when you want me to respond immediately.

