



***What people who know me like and admire about me***

I am devoted to my children (my family and friends are a close second).

I am positive (most of the time) and make the best out of any situation.

I am passionate about most things important to me including work.

I finish what I start and am well organised.

I try to listen to people and decide on the best way forward.

I always support the underdog, even when it might not be appropriate to!

I like having fun, laughing, joking and not taking life too seriously.

I do not like people being upset or sad.

I try to help, whenever I can.

I get things wrong and am not afraid to admit it.

***What is important to me***

Being with my children, family and friends enables me to switch off and have energy.

Work and doing the best I can whilst at work.

People being open with me about me, what they like or don't like.

Being as healthy as I can be through exercise and good eating.

Experiencing new things and always looking forward to something new in terms of holidays or personal challenges.

I like to learn from others by doing things myself.

Time on my own to think (and sleep!).

To be appreciated.

***What is important for me***

Being able to switch off, through enjoying time with others and exercise mainly.

Asthma, hay fever and other allergy medication – so please be mindful that I might sneeze or wheeze.

Rest and sleep.

Being with people.

***How I like to be supported***

Happy and fun people only please.

Positive, problem solving people only please – I want people to be as excited as me about matters.

Check in with me if what I have said/written is not clear – I assume people understand me but I appreciate I might be going too fast.

Don't hide things from me, tell me straight.