



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.