

# MY ONE PAGE PROFILE



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## What people appreciate about me...

- I'm interested and I care about people and their lives
- I always try to smile, be kind and laugh
- I'll take on a challenge and approach it with a can-do mindset
- I try to listen and understand others point of views
- I'm proactive and well prepared
- I have complete trust in my team and would back them in conversations even if they are not present
- My favourite compliment I've had is simple; you're a lovely person. (What a great day that was in February 2002 😊)

## What's important to me...

- To make the most of life and try to be happy, kind and fun along the way – life's short!
- Treat all people with respect and do things the right way – not all decisions and actions are positive for others, but the way you treat people in those moments can be.
- Doing what I set out to do and doing it well.
- Manners and loyalty.
- To make progress – in my day, my to do list, at GCH, in my career, in sport, at home etc.!
- Having a positive impact on the people closest to me; my wife, family, friends and colleagues.
- All feedback – It's a gift!
- To take time to rest - keeping the work-life balance and health and wellbeing in-check.
- Travel, music and sport – keep up a healthy amount of those three and I'll be just fine!

## How to support me well at work...

- I'm a reflector – sometimes I like to spend time to consider before I offer my views.
- I like to get to know colleagues and build relationships – I feel having a chat and asking each other how we are helps us to work together more effectively.
- Just because I'm in a 'support service' doesn't mean I don't want or need to know the detail about 'customer facing' matters.
- Consider your idea of the solution to a problem for us to consider, rather than simply the problem.
- Be interested and seek to understand all points of view in a conversation before jumping to a conclusion.
- Look for the best in people, not the worst.
- Sometimes I'll sit quietly and away from a crowd in an office environment – it's not you, it's me! Sometimes I struggle to focus with background noise so do this when concentrating on work such as reports and letters.
- Convince me it's 25 degrees and sunny outside and you'll get my best me!