



What People Appreciate About Me: I am....

Kind, Compassionate
Fair, Focused
Creative, Careful
Empathetic, and I like experiencing life!

The Best Ways to Support Me at Work:

- Keep me informed.
- Take the time to help me understand your point of view.
- Communicate with me if something changes.
- I focus best in quiet environments.
- Remind me if I've forgotten something, my mind gets overfilled!
- Be upfront and honest, I don't like surprises.
- I tend to analyze things a lot! I'll get back to you!

What is important to me?

It's important to me: that the people I support always come first, that I take time out of my busy schedule to be alone to re-energize, everyday, that I consider what it's like to walk a mile in someone else's shoes and not take things personally, that I'm reassured people have heard me and understand what I need from them, that I'm pushed outside of my comfort zone to try new things, that I remember to take time to create because creating things gives me energy, that I like to control my environment.

Most Importantly that I belong.

More About Me!

My Likes

TRAVELLING, READING, COOKING, GARDENING, FAMILY, FRIENDS, ART, LEARNING. FLYING, TEACHING, YOGA, WALKING, SWIMMING, BEACHES, MOUNTAINS, LANGUAGES, ANIMALS

My Dislikes

FEELING RUSHED, BEING LATE, FEELING UNHEALTHY, A LACK OF COMMON SENSE, INJUSTICE, ISOLATION, LONELINESS, EXCLUSION, BULLIES, SEEING PEOPLE GET HURT