



### What is Important to Me?

I place a great deal of value in relationships of mutuality and trust. I am very intentional about regarding each person I meet, as someone who has something to teach me. A defining moment in my own life journey came about from a workshop on 'The Core Gifts of People.' My own was revealed as 'Discovering opportunities by bringing people together'. This is at the core of how I live/work, to help others find their own gift. I am energized by people, yet my time alone is vital for balance and reflection.

### What people appreciate about Me: I am..

- A community builder
- An advocate for rights
- A motivator
- Compassionate
- A good baker and host
- A networker
- A quick witted humourist

### My likes.....

COTTAGE LIFE  
TRAVELLING  
COOKING and BAKING  
MY CAT ATTICUS  
MY CIRCLE OF FRIENDS  
LEARNING SPANISH  
MY SCOTTISH HERITAGE  
PAINTING  
BIKING  
INTERIOR DESIGN  
MUSICAL THEATRE

### My Dislikes.....

HOW I JUDGE MYSELF  
MAKING UNHEALTHY CHOICES  
NOT BEING UNDERSTOOD  
EXCLUSION  
UN-RESOLVED ISSUES  
SECOND HAND SMOKE  
RUDE PEOPLE  
NUMBERS CRUNCHING  
STATISTICS

### The best ways to support Me at work:

I appreciate the trust that comes with autonomy, AND I also value regular points of connection to help me be open to other directions and possibilities.

As an 'ideas' person, I am very creative. I am at my best when I have multiple projects on the go. When given the forum to present and engage others in visioning, it helps me to prioritize.

Clear lines of communication increase my awareness to be attentive to professional areas of growth and to know that my collaboration, accountability and ownership of successes and challenges impacts outcomes.

### Absolute Indulgence: All things



Personal Credo The Conversation is The Relationship