



# Carolyn Seward, OT Reg. (Ont.) Service Manager My One Page Profile

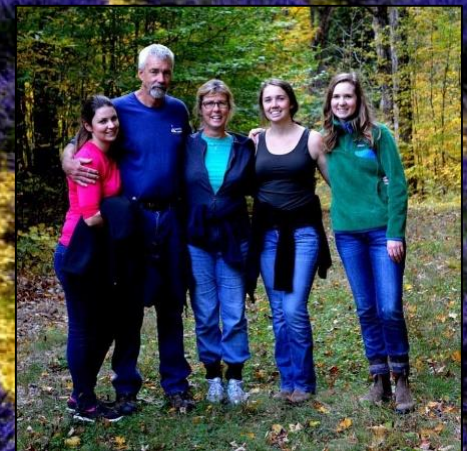


## What is important to me?

Inclusion, respect, equality, autonomy, dignity, family, friends, nature, camping, swimming, hiking, empowering individuals to live their best lives, canoeing, dancing, travelling, pottery, open-mindedness, self-expression, lifelong learning, sexuality education, promoting physical and mental well-being, optimism, feminism, and dogs.

## People appreciate my:

Sense of humour, zest for life, optimism, enthusiasm, creativity, commitment to the people we support, empathetic nature, active listening, generosity, problem-solving skills, adventurous spirit, and thoughtfulness.



## How to best support me at work:

Open communication is key, honesty, transparency, being approachable, infusing humour into our interactions, feeling supported and respected by my co-workers, contributing to a positive work atmosphere, making sure I write things down, and being open to giving and receiving feedback on ways that we can better serve the people we support.

Ask me about what Occupational Therapy can do for you!