

## My One-Page Profile

# Dr Rebecca Griffiths

Senior Educational Psychologist



## What people like about me...



- I listen carefully and make every effort to understand what you are saying.
- I am friendly and approachable, and I always aim to make you feel welcome.
- I recognise and celebrate your strengths, so I can help you with anything you find more difficult.
- I work hard to find solutions.
- I am organised and do my best to follow through on what I have said I will do, as promptly as I can.

## What is important to me?

### In my home life...

- My pet tortoises who are called Darwin and Nelson.
- Spending time with my family and friends.
- Drinking hot chocolate and eating chocolate!
- Travelling and visiting new places.
- Reading.
- Watching sunsets.



### In my work...

- Meeting new people and getting to know them.
- I will explain clearly who I am and why I am working with you. If anything is unclear, you can ask me or another adult for help.
- I want to make sure you feel supported and comfortable before, during, and after our work together. Please tell me if there is anything that would help you feel more
- We will work together to understand what you need and what you think would help. I am happy to hear any ideas you have.



## The key to supporting me is...



- Asking questions if there is something you would like to know.
- Being honest and telling me what you do and don't like.
- Letting me know if you need anything to help you when we work together. For example, quiet music or something to fiddle with might help you feel calmer.
- Knowing that I may take some notes while we are together to help me remember what we talk about. You can ask to see what I have written at any time.
- Telling me if I say something you don't understand, so I can repeat it or explain it in a different way.



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