



Dr Margo Bristow
Educational Psychologist



What's important to me?

Applying my knowledge of psychology to my everyday practice is important to me. I strive to work in a person centred and solution focused way. I aim to focus and build on the strengths and interests of the people I work with.

Colleagues tell me I am friendly and welcoming, professional, inspiring, humorous, supportive, a great team player, willing to learn and try new things and hard working.

How to get hold of me.

I am a busy person and I am out and about a lot. The best way to contact me is by email

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About me...

I am a big fan of Mindfulness and I try to practice Mindfulness everyday. I am a qualified Mindfulness (Paws.b) Teacher and I really enjoy teaching Mindfulness skills to children, teachers and parents.

I love spending time with my family and friends and I am very fortunate to enjoy the work that I do.

When not at work I enjoy walking, and cycling. I also love travelling to unusual places around the world. I am planning a trip to a Yoga Retreat later this year.

I love dogs and I have a pet cat.

My dream is to see the Northern Lights.

How best to support me.

I sometimes find it hard to hear what people are saying especially in a busy environment with background noises. Please try to face me and speak clearly and I then should have no problem hearing you.