

## My One-Page Profile

# Rebecca Griffiths

## Trainee Educational Psychologist



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## What people appreciate about me...

- I have been told that I am an approachable person and a non-judgemental listener.
- I am reliable and always prompt.
- I am hardworking and I have been told that I “light up” when talking about supporting children.
- Children and young people are at the centre of every decision I make.
- I see the best in people, I like to celebrate what they do well.

## What is important to me...

- I enjoy meeting new people and building good relationships with them is important to me. Through good verbal communication I can learn from them and their unique experiences.
- I strongly believe that people should be treated fairly and equally, we all deserve access to the same opportunities. It is vital to me that this value is central to any work that I do.
- I need to feel that I am making a difference and having a positive impact, if there is a problem, I like to solve it by thinking of practical solutions efficiently.
- Organisation is very important to me because it helps me to work effectively. I keep a lot of lists, in a lot of notebooks and I would be lost without them.
- I relish opportunities to be creative and artistic. Finding new ways of doing things motivates me. If it involves colour, drawing, painting or sewing then that is even better.
- Humour features heavily in my day. Smiling and laughing is important to me because it helps me to put everything into perspective.
- I have recently taken up running and I am enjoying the challenge this brings, pushing myself outside of my comfort zone. It is also good for my wellbeing as it offers me time to think and reflect on my day.
- My two baby tortoises are called Darwin and Nelson and they are my pride and joy.

## How to support me...

- I appreciate and value honest, constructive feedback. I will always reflect upon and action advice given, however, I am self-critical so please present the positive feedback first, so I do not focus only on the negatives.
- If I am unsure of something, I like to ask questions or seek advice to ensure I do the best job I can. Please help me by listening to my concerns and answering my questions so that I feel confident in my actions.
- I like to be prepared and armed with as much information as I can be. Please provide me with any dates, deadlines or important details as early as possible so I can organise myself and my time effectively.
- Chocolate will always make me smile!