



MY ONE PAGE PROFILE

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Hello



HOW DO PEOPLE DESCRIBE ME? MY FRIENDS AND COLLEAGUES TELL ME I AM...

- Approachable
- Patient
- Warm



- Empathetic
- Have a good sense of humour!

WHAT'S IMPORTANT TO ME & WHAT DO I ENJOY?

In my home life....

- Spending time outdoors in nature, especially going to the beach or countryside walks.
- Watching live music, at concerts and festivals.
- Dancing!
- Socialising with my family and friends
- My pets - see below!
- Cooking for my friends and family (usually a sweet treat of some sort!)

In my work....

- Empowering others to believe in themselves and reach their full potential is at the heart of my approach.
- I value the importance of celebrating small wins, recognising that progress often comes in quiet, meaningful steps.
- Prioritising time for reflection, idea sharing, and nurturing professional curiosity - creating space to grow, learn, and evolve in my practice.



My family pets!



HOW TO SUPPORT ME AT WORK?

- I find it really helpful to have a bit of notice, it gives me the time I need to get organised and feel ready for what's ahead.
- I also value having time to process information before responding, so I can reflect and contribute meaningfully.
- I always appreciate a cuppa tea!



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