



# Josie Newman – Assistant Psychologist

## One Page Profile

### What is important to me

#### At work:

- ◆ Making a positive difference to children and young people who have experienced challenges, helping them to recognise their strengths and achieve their goals
- ◆ Learning from others and building positive relationships
- ◆ Making my knowledge of psychology useful to others

#### Outside of work:

- ◆ Spending time outdoors in the countryside
- ◆ Spending time with my friends and family

### About me

- ◆ My job involves assisting Educational Psychologists with their work, including statutory assessments and project work, and developing different skills
- ◆ I have a degree in Psychology and a Masters in research
- ◆ I have also worked in a Nurture group within a secondary school for students with SEMH and behavioural needs

### What others like and admire about me


- ◆ I am a friendly and fun person to be around
- ◆ I am open, honest and trustworthy
- ◆ I listen empathetically and make people feel supported
- ◆ I am perceptive and offer thoughtful contributions to discussions


### And the future?

- ◆ I hope to go on to train to be an Educational Psychologist
- ◆ I'm particularly interested in person-centred approaches, using relationships to build resilience in children and young people, and supporting wellbeing in schools
- ◆ I'm excited to discover lots of new areas of Educational Psychology research and practice

### How best to support me

- ◆ Be happy to talk through problems – I appreciate the opinions of others and talking things through can help me find solutions
- ◆ I appreciate regular feedback to help me improve
- ◆ Make sure I'm exposed to new challenges to allow me to progress

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