

# My One-Page Profile

**Name:** Helen



## What people like about me...

- Thoughtful
- Inspirational
- Passionate about change
- Big thinker
- Supportive

## What is important to me...

- To spend time with my family: have an evening or afternoon just with Andy each week; breakfast with everyone together at least three times a week and family night every Sunday.
- To be together with my big extended family for a weekend at least three times a year, and speak to or text my sisters, Nik and Mum every week.
- To work with Julie so that we have great designs and can share what we are learning.
- To spend time with the team six times a year to think together, plan and stay connected.
- To meditate and do a little yoga every day (for 10 -15 minutes) and go to the Saturday class.
- To keep learning new skills. At the moment this is around social media.
- To have a Mac computer, and have my iPhone with me at all times. To keep in touch with people through Facebook and Twitter.
- Not to work in the evenings or weekends, and only be away from home one night a month for work.
- To be by the sea and walk on Broad Beach as many weekends as I can (usually about 8 a year), and have a family holiday abroad if we can.
- To have hens (currently 3), and cats (3), and spend time pottering in the garden each week.
- To feel that I can make a difference by being part of Circles and in the work that I do with HSA.
- To write to consolidate my thinking, and to share what we are learning. I usually have a writing project on the go.
- To have honest, trusting relationships with everyone I work with.

## How best to support me...

- Know that I get frustrated playing telephone tag. Text and emails work best for me, or booking a time for a call.
- Get back to me when you say you will, and meet deadlines we have agreed or let me know if this is not possible (before the deadline is missed!).
- Know that I drown in detail, but love thinking big picture and strategy.
- Be upfront and straight with me – please don't rely on me second guessing you or picking up hints. I need people to be frank and honest.
- Know that I get frustrated repeating discussions because we can't remember what we agreed the first time we talked about it.
- Please make sure we always know who is recording actions in meetings or conversations.