



# Kim Barrett

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## My One Page Profile for Work



### What is important to me at work?

- To ensure that the people we support lead the lives they choose
- That I am able to spend quality time with the people we support
- I have plenty of cups of coffee in the morning, milk, no sugar
- That I work with likeminded people
- Make sure that we can have a laugh together at work
- That I am able to meet up with colleagues and friends to discuss and implement new ideas
- It is really important that I have the support from my family and friends
- That I am given deadlines to work too (these may need to be negotiable!)

### How best to support me at work

- Be positive and have some fun
- Think of solutions; not barriers
- Plenty of cups of coffee in the morning
- Explain to me in a clear way what is expected
- If I upset you, talk to me about it, I can become passionate about things
- Encourage, support and talk to me when I am struggling
- Sometimes I need to be pushed out of my comfort zone – don't be afraid to do so because I really enjoy the challenge.
- Help me to be organised
- Be upfront and honest with me
- It's good to talk

### What people say they like and admire about me

Trustworthy, approachable, intuitive, enthusiastic, loyal, good listener, positive, tenacious, honest, passionate about people we support

### How I live out Future Directions values:

- I treat others as I expected to be treated
- Have fun with people the people we support
- Take the time to actively listen to people.