

## My One Page Profile



### What do people like and admire about me

Full of energy and passion to make things better for people with learning disabilities.  
 Friendly and easy to get along with.  
 Knowledgeable (I do not feel it!).  
 Always willing to go the extra mile.  
 Kind, supportive, genuine and approachable.

### What is important to me

Working alongside people with learning disabilities to help to improve their lives.  
 Feeling that what I am doing is making a difference.  
 Being with positive, can-do people.  
 Being able to talk about ideas and ask for help.  
 A good work-life balance.  
 My family, partner, cat, friends and neighbours (not necessarily in that order!).  
 Being outside - walking, going on bike rides, gardening or on my allotment.  
 Nature - I enjoy birds, flowers, trees, rivers, the sea, the countryside and green spaces.

### How best to support me

Be clear about what I need to do and when by.  
 Tell me if you do not understand what I am trying to say.  
 Please do not think I am being rude if I get your name wrong. I find it difficult to remember names until I know someone well.  
 I find it hard to concentrate if it is noisy. If I look like I am not listening I am probably trying to think.  
 I might appear calm and confident on the surface, but I can be nervous and unsure underneath.  
 Give me feedback. I like to know if I have done something well – or if I need to improve. Otherwise, I am likely to assume that I have done something wrong!



### Future Direction values

**Put People First**  
**Be Transparent**  
**Go the extra mile**  
**Be Creative**  
**Be adaptable**

### How I put Future Directions mission and values into action at work

The views and lives of people we support are central to how I work and decisions I make.  
 I enjoy spending time getting to know people and what is important to them.