

Activity.....

Important **TO** me....

Important **FOR** me.....



What have you come up with?

Discuss what you feel comfortable with your elbow partner

Focusing On Our Strengths!

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
PERSEVERANCE HUMOR Zest
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude

one page profile

.....



What people
like and admire
about me...

What's Important to Me...

How best to support me...

Break



See you in 15 minutes!

Create your own profile

The activities we have used so far can inform your one page profile.

Share information you are comfortable with.

Remember there are three sections to a profile: appreciations, important to, and how best to support.

Things to remember when writing your responses...

1. Is it detailed?

One Page Profiles explain **how often**, **who** with, **when** and **where**. Be a detective, ask further questions to see if further detail can be given.

2. Is it specific?

Ask the person if they would do this daily, weekly, monthly or annually. E.g. from Sarah's One Page Profile, "Ask me if I am free at lunchtime to eat lunch together, ideally twice a week"

3. Can anyone support you with that?

The 'how to support me' section should give a specific detailed information, so that you would know exactly how to support that person well. E.g. 'To be aware of' 'X can help me by'



One Page Profile
Emma Sheppard-Baker
Educational Psychologist
Halton Borough Council

What is important to me?

It is important to me:

- ✓ that I am treated fairly, that others are treated fairly and decisions are made fairly
- ✓ to talk and think and act well. To have space to think and time to consider what I want to say. I don't do my best thinking on the spot or under pressure (and sometimes even have brain freeze!). I have a bit of a tortoise brain and don't like to speak for the sake of *speaking*
- ✓ to have time and space to recharge my batteries, particularly at the end of the day. Often I want time to myself to do this and switch off from the demands of life. A good telly programme, magazine / book and hot bath are favoured activities.
- ✓ to maintain a good work life balance and healthy lifestyle
- ✓ to be in the company of others with positive energy & to have fun and a giggle every day
- ✓ to be accepted for all of who I am, and not judged or persecuted
- ✓ to practice positive psychology in all I do & make a positive contribution and difference to others
- ✓ that I continue to grow as an individual both personally and professionally

What people like and admire about me

My colleagues say I am...

caring, positive, thoughtful, empathic and principled

I consider myself to be (all of the above) and ...

loyal, reflective, tolerant, considered, playful and developing my capacity to be comfortable with being vulnerable

You can support me by:

- providing sensitive feedback of all varieties to enable me to grow and flourish
- understanding that I may need time before responding, especially if you want my best thinking
- respecting my need to have time to myself and maintain a healthy work-life balance
- making time to connect with me

- ✓ **not to feel rushed**
- ✓ **to do my work to a good standard**
- ✓ **to empower my children to become loving, kind, empathic individuals with roots and wings**

"Somewhere inside all of us is the power to change the world."

What is important to me...

My family are really important to me and I like to feel that I have time to be with them. This means I like chat with them over breakfast or at the end of the day about what has happened in their lives and mine. Sometimes I like to check in with people throughout my work day and as Abbie is new in High school if she calls me I like to be able to answer

That I eat properly and for health. This means thinking in advance about what I am to eat and that I avoid overly sweet sugary foods and over processed foods. This means I need to be organised and cook from scratch which takes time.

That I 'Move more' I enjoy being with others when doing this or when trying out new activities.

That Abbie feels good about going to school and that she is on time

To be trusted, that at home and at work I can do a good job. This means that my actions are seen to be underpinned by values and beliefs and that they are fair to everyone. And that I have worked hard to try to ensure that things are fair.

To be able to maintain a 'can do' flexible and creative work ethic and attitude

To have a good laugh in the work place and at home.

To be seen as available to others when they need me

To develop my skills in psychology and its application

To feel as though I belong to a team

To have time to 'do' my hobbies like cooking, painting, drawing, sewing, making jewellery, knitting and reading

To drink enough water at the right temperature.

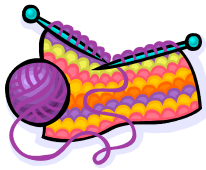
To 'just be' to practice letting go and depersonalising others behaviours—to know what is mine and what I am holding for others .



Rhona's One page Profile

LIKE and ADMIRE:

Positivity, full of forward thinking ideas, good sense of humour, patient, optimistic, enthusiastic, resilient, down to earth, acts on her values, understands human beings, supportive, passion about the application of psychology, energetic, kind and caring, finds times for other stuff



How best to support me...

Gareth and other members of the family are aware of my need to eat well and understand that sometimes I need encouragement and reminders to make the right choices

My husband and my family could ask me to join them in moving more activities Gareth could help me (when he is home) by sharing and by asking more about child care , sharing this responsibility more

For others to notice when I have done something well

For others to be aware that even though I may appear fine or self assured or okay, that sometimes I am not and it is nice to be asked if I am ok?

To share life stories with others and for others to show interest

For others to be aware that I am sensitive to how others feel and that it takes me a lot of my energy not to be significantly effected by how others feel. For others to talk to me about how they feel rather than to behave to show me how they feel.

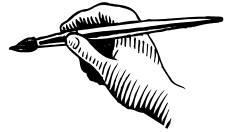
For colleagues to know that sometimes I may check my phone to make sure that Abbie doesn't need me

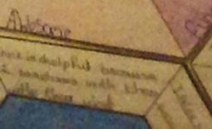
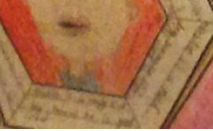
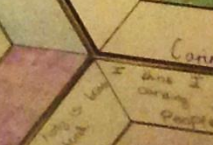
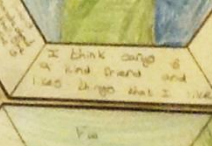
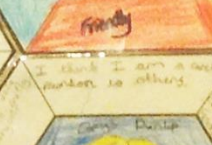
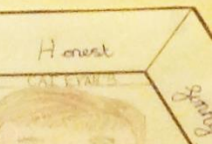
For others to know that if I have not got back to them its because things have stopped me from doing so but that they are important and I will.

For people to be aware that I might make mistakes on my 'being a psychologist' journey.

For Gareth and others in my family to support me to have time to 'do' and to 'be'

For colleagues to include me in work projects and to share what they have been working on, sharing good practice.







Thanks!

Useful Information

Websites:

<http://www.personalisingeducation.org>

<http://www.helensandersonassociates.co.uk>