



Add a photo of yourself

Your Full Name and Today's Date

My One Page Profile for Work

The one page profile should be personalised, but includes the three headings of what people like and admire about me, what is important to me at work and how best to support me.

What do people like and admire about me

This is a positive list of:

What are you good at, your strengths, your talents?

What do people admire about you?

What do others value and appreciate about you?

This is best completed by others and not yourself. Ask your colleagues, people you support and friends to help you complete this section.

What is important to me when I am at work?

This is a summary of what matters to you when you are at work.

This section needs to have enough detail so that someone who does not know you can understand what matters to you.

You can also add things that are important to you in your life, for example your hobbies and interests and family life. This will help people get to know you easier and help in matching you to people we support.

This section helps you and others have good days at work, promote team working and create a person centred culture within the organisation.

Examples:

To make sure that the people we support lead the lives they choose.

I like to have plenty of coffee in the morning, with milk, no sugar.

How best to support me when I am at work?

What do people need to know to help you do your job well?

What can others do to make your work life positive and productive?

Are there any specific areas for development, for example you may be working on improving your time management and have specific things that others can do to support you.

The better the description, the better the support. Avoid using single words or short sentences, these can be misinterpreted.

Examples:

I drink lots of coffee, particularly in the morning. I like my coffee strong, milk, no sugar. If you're making a brew, don't forget to ask me.

If I am struggling to learn something new, don't do it for me but show me what to do and help me to learn.

Future Direction values:

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

How I implement Future Directions mission and values into my daily work:

How will you implement Future Directions mission statement and values into your daily work:

Examples: I will treat everyone as I would like to be treated.

Contact Kim Barrett at Marle House for more information and support or check out this film on YouTube <https://www.youtube.com/watch?v=ekEtStwHdhY>