



Jessica

One-Page Profile

What people like and admire about me

- Warm, welcoming and lovely to be around
- Open & honest
- Interesting
- Funny
- Determined

What's important to me:

- My husband Mike: I love to have a couple of nights in a week just watching TV with him
- My daughters Eva and Sofia. We enjoy baking or making (as long as it does not involve glitter or glue!) at least once a week. Reading a bedtime story every night is a must.
- Walks on the beach at the weekend – I love living by the sea
- Going to bed at 9:30pm and having an hour when I can read in peace. I like to read non-fiction especially travel books and biographies
- Meeting my friends every week: Diana for a coffee or a swim and Becky at the gym
- Taking Sofia and Eva to dancing on a Saturday morning as it means I can have an hour to myself with my kindle and a coffee
- Being able to speak to Gemma and Karen every day when I'm at work
- To work with people who support each other, give and take to achieve group goals and fire my enthusiasm
- To work in an environment where I feel comfortable and where we can laugh together

How best to support me:

- Know that as an only child I sometimes crave solitude and I'm not being rude if I say I need to be on my own
- Every few months I need a weekend on my own in the house
- If I have a lot of paperwork or planning to do let me work from home as I will get much more done
- I can get overwhelmed and stop processing if work coming in outweighs my capacity. Support me by encouraging me to talk through my priorities, a walking meeting works especially well.
- Know that sometimes I avoid making phone calls I think may be difficult. The best way to prompt me is non-verbally by taking all my messages out of the book or writing me a note and then handing them to me discreetly
- I have a tendency to promise more than I might be able to deliver. Check if I am being realistic when I say I can do something within a tight time schedule