

One-Page Profile

Name: _____

What people like and admire about me:

This section is a list of your positive qualities.

Useful questions

- What do people thank you for?
- What characteristics do people like and admire about you?
- What would your partner, family, and best friend say they love or value about you?
- What is the best compliment you have been paid?
- What do you think your best qualities are?

Your
Picture
Goes
Here

What is important to me:

This section describes what really matters to you. The people, places, routines, and aspects of your life that reflect who you are, and what is important to you.

Useful questions

- Who are the people who mean the most to you and how often do you see them? When? Where?
- If you had a whole day to do whatever you wanted, where would you like to go? Who would you spend it with and what would you do?
- What does your typical week look like in the evenings?
- What would you usually do each week and weekend, and miss if you could not e.g. TV shows, hobbies, interests, people you see, places you go?
- What is your favorite way to spend a weekend?
- What would you never leave home without?
- What do you always carry around with you in your bag or pocket?

How best to support me:

This section is what others need to know or do to support you so that you can be at your best.

Useful questions

- What do good days and bad days look like for you?
- Is there anything that other people need to know or can do to help you have more good days and fewer bad days at work (within reason!)?
- What makes you feel better when you are stressed, unhappy, or unwell?
- If someone was new to your work, what would they need to know or do to be able to get along really well with you?

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