

Naseem



What people like and admire about me...

I can be relied on to complete a task

I'm supportive

I always ask for help, if needed

I'm approachable

I'm fun to work with

I consider all perspectives before making a decision

What is important to me...

- Contributing – I feel content at work when I know I'm making a positive difference.
- My family – I like to spend time with my husband, Bill, and two children Nadira and Ameena. I particularly enjoy camping holidays when we are all together and away from all the pressures of daily life.
- My friends – I enjoy socializing with friends, Sue and Nadia, over a drink or a good Indian meal, at least once a month.
- My work – I enjoy supporting people. I knew this was the career for me since I was young. If others are enjoying life, this helps me enjoy life too.
- Being organized – I need to follow a to-do list each day. Without this, I feel lost.
- My home – I love spending time at home, as it's where I feel most comfortable. I have worked hard to make my house a home and am proud of what we, as a family, have achieved.
- My chickens and my cats - I have two chickens that live in a chicken coop in the back garden. They both lay one egg a day which keeps my family and neighbours in eggs for the week. I also have two cats that listen to my moaning and don't answer back.
- Listening to music (especially in the car) – I like lots of different music, but not classical. Loud music in the car helps me to relax if I feel stressed-out.

How to support me well...

- When I'm stressed, I turn unusually quiet and look for an opportunity to be on my own. I just need a little time alone to sort things out without distractions.
- I need people to be open and honest with me – If I have done something wrong I like to be told right away so that I can make it right.
- I don't like a bad atmosphere. I need to know people are 'there for me' when life gets a bit hectic!
- At work I need to know I have support from my manager and team members – confirming our team approach and togetherness at team meetings is very helpful to me. My view is that if people work together and support each other anything is possible.
- If we arrange to meet, please arrive on time or contact me if you are delayed. I won't mind, I just need to know.
- I need people to cheer me up when I'm feeling down – I appreciate it when colleagues recognize there is a time and place for people to just 'have a laugh' and let off steam.
- I appreciate it when people are as clear as possible when asking me to complete a task. It helps if I know exactly what I need to do, why I need to do it, and the time I need to do it in.