

# one page profile



## Helen

### What others like and admire about me

- Thoughtful
- Inspirational
- Passionate about change
- Big thinker
- Supportive

### What is important to me

- To spend time with my family: have an evening or afternoon just with Andy each week; breakfast with everyone together at least three times a week and family night every Sunday.
- To be together with my big extended family for a weekend at least three times a year, and speak to or text my sisters, Nik and Mum every week.
- To work with Julie and Jaimee so that we have great designs and can share what we are learning and to be supported by Kerry who helps me be as efficient as I can be.
- To speak to Charlotte each week. To spend a day with the team each month to think together, plan and stay connected. Speak to the international leads for HSA (Julie, Amanda and Deb) each month.
- To meditate and do a little yoga every day (for 10 - 15 minutes) and go to the Monday class with Tracey.
- To keep learning new skills. At the moment this is around social media.
- To have a Mac computer, and have my iPhone with me at all times. To keep in touch with people through facebook and twitter.
- Not to work in the evenings or weekends, and only be away from home one night a month for work.
- To be by the sea and walk on Broad Beach as many weekends as I can (usually about 8 a year), and have a family holiday abroad if we can.
- To have hens (currently 7), and cats (3), and spend time pottering in the garden each week.
- To feel that I can make a difference by being part of Circles, helping in our local school and in the work that I do with HSA.
- To write to consolidate my thinking, and to share what we are learning. I usually have a writing project on the go.
- To have honest, trusting relationships with everyone who I work with.

### How best to support me

- Know that I get frustrated playing telephone tag. Text and emails work best for me, or booking a time for a call.
- Get back to me when you say you will, and meet deadlines we have agreed or let me know if this is not possible (before the deadline is missed!).
- Know that I drown in detail, but love thinking big picture and strategy.
- Be upfront and straight with me - please don't rely on me second guessing you or picking up 'hint's. I need people to be frank and honest.
- Know that I get frustrated repeating discussions because we can't remember what we agreed the first time we talked about it. Please make sure we always know who is recording actions in meetings or conversations.