



Chris' One Page Profile



(Chris)

What people like and admire about me:

Chris is a kind, creative, analytical, and loyal person with a good sense of humour who is passionate about his hobbies and is always willing to help others.

How best to support me:

- I love fast food but am aware that I feel and function better when I'm eating healthily. If you see me eating junk food, please ask me how my running is going, as my running goals motivate me to take care of myself.
- It can be hard for me to say no when people ask for my help. If I have the option of saying no, please make this clear to me.
- Please give me electronic copies of things when possible, as I have limited space for filing paper copies of things.
- Having information in writing helps me to absorb all of the details. I like (and tend to write) long, detailed emails.
- Meetings work best for me when I leave with a clear idea of what we have accomplished and what the next steps are.
- I have high standards for my work and will often revise something I'm working on over and over until I get it the way I want it. If timeliness is more important than quality, please let me know as early on in the process as possible.
- I can be hard on myself when something I care about does not go well. When this happens, I really value the input of people who I trust, as this helps me to keep things in perspective.
- My eagerness to talk about new things I've learned can be greater than other people's desire to listen. If I mention politics or barefoot running, please feel free to redirect the conversation back to something of mutual interest.

What's important to me:

- Strong, black, fairtrade coffee every morning.
- Maintaining a sense of humour about things.
- I have a strong sense of right and wrong and injustice really upsets me.
- Running at least 50 miles per week (preferably more, time and legs permitting).
- Setting running/racing goals and meeting them.
- Continuing to express myself by writing songs.
- Learning about things that interest me. (I'm mesmerised by my Wikipedia app!)
- Maintaining an awareness and understanding of current world affairs.
- Maintaining a very close, honest relationship with my wife Caroline that includes a couple of hours of unstructured time together each week.
- Getting 8 hours of sleep on Friday and Saturday nights most weeks.
- Spending time with friends who share my interests (e.g. music, running, eating stuff).
- Supporting people to see the communication that underlies behaviour and capturing that information in useful ways.
- Supporting families to use individual budgets creatively to help their children get lives that inspire and make sense to them.