

## 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 good fun to work alongside

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 socialising 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 organised – 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 an aviary 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 straight away so that I can put 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 recognise 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.