

My One Page profile



Sarah Smith

Age: 22

Occupation: Life Skills Coach

What people appreciate about me

Good heart

Talented

Selfless

Generous

An 'onion' (have lots of layers)

Caring and sweet

What is important to me

- My mam, dad, Stuart and Ellie the dog.
- My close friends and spending time with them when they're home from university.
- I love travelling and learning about different cultures, their traditions and food.
- Being able to use my creativity in my job and having the time to.
- To have a hobby or attend a class out of work.
- To feel part of a team.
- To keep fit and healthy in both my body and mind.
- To feel valued in a job.
- To feel like I make a difference to people's lives everyday.
- Working with people and getting to know them. It is always interesting to hear the opinions of others.

How to support me

- Constructive criticism to help me improve my role.
- To have someone to discuss my ideas with; it is important to get the opinions off a person I respect.
- To tell me when I am doing a good job; praise motivates me to push myself to achieve more.
- To have my team to support me when I'm feeling under pressure.