

Jane 's profile

What people appreciate about me:

I am kind and approachable

I always look for the positive in any situation

I stay calm in a crisis

I am a passionate supporter of people living the life they want

I love to learn new things

I go out of my way to help others



My picture

What is important to me:

My home and local community. I like to be able to feel calm in my own environment. Living in a coastal town and being near water.

My smart phone (I know!!!)

It helps me plan my day, manage my diary, and family admin. It allows me a way to find answers to burning questions straight away (sometimes at 3am) and holds so many precious pictures and videos of everything I love.

My family!

My husband and children

Even my cat Oreo (when she behaves!!!)



Making a lasting difference and leaving things in a better situation than I may have found them.

Having some time to chill out with my feet up watching a movie or binge watching a show. Enjoying a wee glass of wine with no disruptions.

How to support me:

I work best when given clear instructions that are written down and ideally with a deadline

Keep giving me new challenges! I thrive when I am kept busy and love to problem solve!

Don't be afraid to tell me the difficult truths! I hate things being kept from me. And would rather know in case I can help.

Remind me to eat and drink, especially water. I get carried away with things sometimes and this is the first thing I forget.

Allow me time to process information. May look like I am listening and taking in everything said to me, but it always helps to check to make sure.