

## One Page Description for Andrea as a Trainer

### What is Important to Andrea

- Balance of work and personal life
- Down time or time to work out to reset and process each day
- Autonomy in how I do my job
- Being able to continue to learn and challenge myself in my work
- Permission to fail
- Being process oriented in how I do my job
- Equity and opportunity for those I support
- Creativity
- Having a tribe of like-minded people



### What People Like and Admire about Andrea

- Friendly
- Honest
- Adventurous
- Resourceful
- Willingness to learn
- Willingness and patience to work through difficult situations
- Openness to talk about a variety of subject matters

### Supports Andrea Needs to Stay Happy, Healthy & Safe

- Work or meeting space with ability to post information on walls
- Regular check ins face to face about difficult situations
- Adequate time with my family and flexibility to have time to do activities at school with my daughter
- Reminders that this is a job and that I am doing a good job
- Network of people to problem solve with and learn from

### For a good match: characteristics that need to be present or absent

- People who are process-oriented or willing to think through together with others
- People who are willing to stretch to see possibilities
- People who are willing to celebrate small successes along a journey.