

Angel Montoya



What people like and admire about me

- Caring – I lead with my heart
- Compassionate – I am always willing to hear you out
- Respectful – I feel everyone should have a voice in the room
- I always give others the benefit of the doubt
- I always want to see others succeed
- Curious – always asking questions!
- I am adaptable to sudden changes
- I am a great cook and value connecting with others over a home cooked meal
- I am passionate about teaching

What is important to me

My family: Dad, Judy, Ariel, Jordan and Atticus are the number one priority in my life.

Playing Frisbee after work w/ Atticus and Oso

Honoring the family members I have lost over the years through the work I do

Helping marginalized communities have a bigger voice

Helping people live better lives by training those who in a support role to listen and work with someone

Being a change agent to implement a culture of mutual respect and appreciation by modeling these behaviors within my team and with those I support



How to best support me...

- Understand I may need to take time off to drive my Dad to medical appointments.
- Notify me in advance of due dates so I can plan accordingly.
- Respect that weekends are my time for myself and my family.
- Give me 30 minutes at the start of each day to collect myself.
- Remind me to take breaks.
- Share success stories. These are very meaningful and inspiring to me!
- Provide me with feedback, both with what I'm doing well and how I can improve. I value honest, clear feedback, either verbally or written
- Help me to de-stress by asking me to go for a walk.
- Check in with me throughout the day to see how I'm doing and let me know how you are doing.
- Use humor to release stress in the midst of whatever is happening.
- Feel free to offer me Keurig coffee cups if I ever run out!
- Be honest and transparent with me, and let me know when something is not working as soon as possible. It is my goal to be great at my job and I can only do that with constructive feedback.