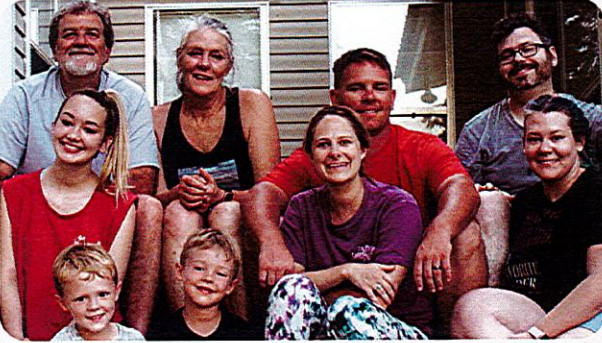
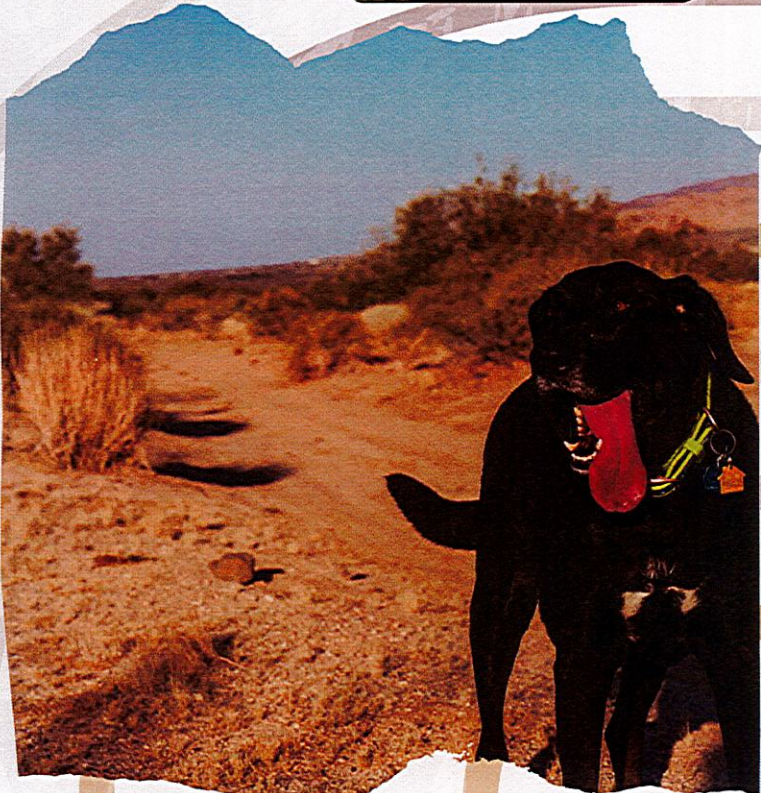
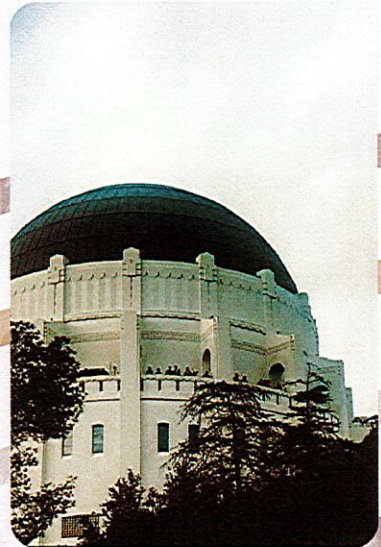
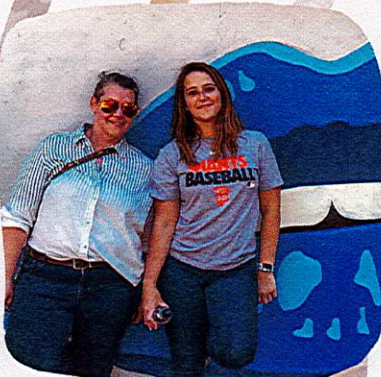
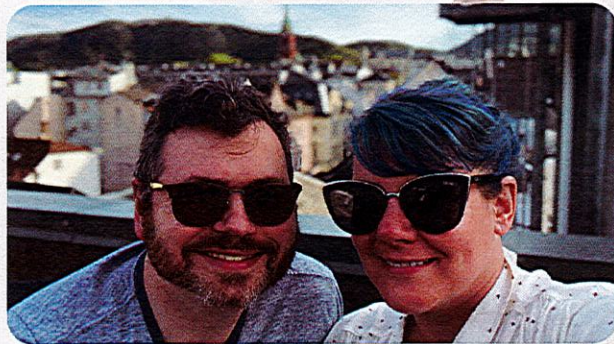
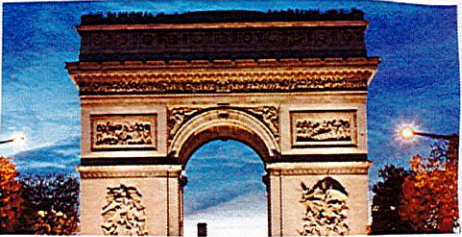


Jessica's Person-Centered Description

Purpose: To share the best way for my coworkers and friends to support me on a daily basis!



Jessica's one page profile

WHAT'S IMPORTANT TO ME:

- Being clear and concise with my explanations
- Making sure I'm open and available for questions and comments on the person centered material
- Respecting others time and commitment to learning
- Staying open minded and curious
- Spending time with my partner and family
- Traveling and exploring new cultures, finding new food, and learning new things
- Family—My parents, younger sister, and niece live in Alabama, my brother and his family live in Georgia, and my youngest sister and her family live in Texas so I don't get to see them often
- Sleep! I am not a good morning person so the more sleep I can get, the better I am at life!
- Reading—I read up to a 100 books a year

WHAT PEOPLE LIKE AND ADMIRE ABOUT ME:

- I'm a good listener
- I'm a good problem solver
- I'm empathetic
- I'm good at staying on task
- I'm inquisitive and ask questions that move the conversation forward
- I'm a fierce defender for things I believe in—I will argue to the death about things that I feel are important



HOW TO BEST SUPPORT ME:

- Honest feedback on how I'm doing
- No surprises—I don't do well with last minute assignments or meetings
- I'm a visual learner so show me how to complete the task as you explain it to me
- I'm a team player, which means I'll do almost anything you ask of me—give me limits so I don't get burnt out



*That it will never
come again is what
makes life sweet--
Emily Dickinson*

Jessica's Relationship Map

AMY

FAMILY

**DAD JASON ADRIAN
BEAU BRYANT SAVANNAH RJ**

MOM JENNA

ANDREW

**ELSA
ANGELA
CHRISTIAN
MIRANDA**

REBECCA

**DENISE
PALENTE
SANDRA
SAMSON
ERIC**

**MICHAELANN
ANDREA
MELISSA
PCT COHORT**

DR. GOLSHONI

ELLIE



**ADDIE
STEPH
BIANCA
REYLA**

RYAN JOSE

**ASHLEY TAYLOR
MEGHAN YALDA**

APRIL

**PEOPLE
WHOSE
JOB IT IS
TO
SUPPORT
ME AT
HOME AND
OTHER
PLACES**

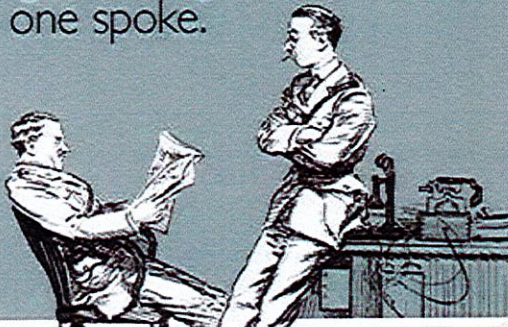
**PEOPLE
WHO
SUPPORT
ME AT
WORK**

FRIENDS

Jessica's Communication Chart

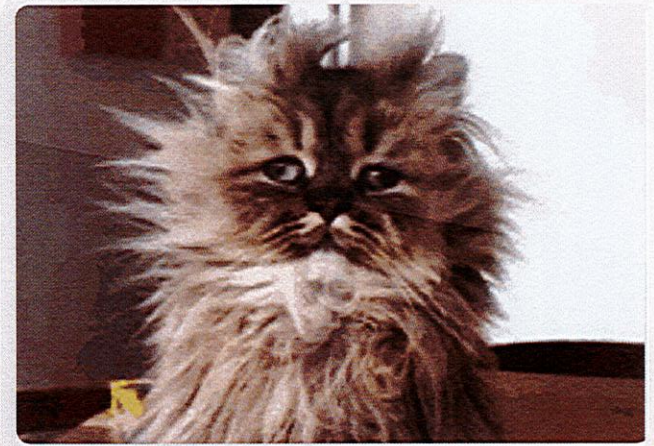
WHAT IS HAPPENING?	I DO THIS:	IT USUALLY MEANS:	AND I WANT YOU TO:
# 2	# 1	# 3	# 4
JESSICA IS IN A MEETING WHERE SHE IS LEARNING NEW INFO ABOUT A PROJECT.	JESSICA IS REALLY QUIET AND NOT CONTRIBUTING TO THE CONVERSATION. HER FACIAL EXPRESSIONS SHE LOOKS IRRITATED.	SHE IS ABSORBING THE INFORMATION AND FIGURING OUT HOW TO ADJUST HER SCHEDULE. (PEOPLE THINK SHE IS ANGRY TO BE IN THE MEETING)	RECOGNIZE THAT JESSICA MAY BE STRESSED ABOUT THE NEW SCHEDULE SO LET HER KNOW WHAT NEEDS TO BE PRIORITIZED. AND KNOW THAT SHE'S NOT ANGRY! 😊

Our meetings would go much faster if no one spoke.



Jessica's Work day

Morning Routine



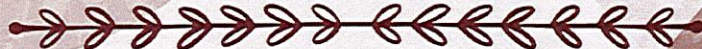
6:00A-6:30

ALARM GOES OFF—I USE AN APP CALLED SLEEP CYCLE THAT LISTENS TO YOUR MOVEMENTS AND WAKES YOU UP WHEN YOU'RE OUT OF REM SLEEP SO IT'S NOT SO JARRING



6:30A-6:45

START BREAKFAST: I AM A CREATURE OF HABIT SO I HAVE THE SAME THING EVERY MORNING—A SAUSAGE, EGG, AND CHEESE SANDWICH ON AN ENGLISH MUFFIN, A CUP OF DUNKIN DONUTS TURTLE COFFEE WITH SALTED CARAMEL SYRUP AND ALMOND MILK, I LIKE TO READ OR WATCH TIK TOK WHILE EATING BREAKFAST



6:50A-7:30

GET READY FOR WORK—SHOWER, SINCE I HAVE A DRAMATIC COLOR ON MY HAIR I HAVE TO WASH MY HAIR IN COLDISH WATER (THIS IS NOT FUN), I USE MATRIX SHAMPOO TO EXTEND THE COLOR AS LONG AS POSSIBLE, DRY HAIR AND APPLY MAKE UP (NAKED BY URBAN DECAY EYE PALETTE, STILA EYE LINER, GLOSSIER CLOUD PAINT FOR BLUSH, AND PINK LIP OIL, AND PICK OUT CLOTHES (I WILL CHANGE CLOTHES AT LEAST THREE TIMES BEFORE I'M HAPPY AND READY TO GO)



7:30A-7:40

GATHER ALL ITEMS FOR WORK—COMPUTER, ALL ADAPTERS FOR COMPUTER, ANY NOTEBOOKS OR PAPERS I MAY HAVE REVIEWED AT HOME (I ALWAYS FORGET SOMETHING), LUNCH FOR THE DAY (I PREP LUNCH ON SUNDAY SO I DON'T HAVE TO THE THINK ABOUT IT EACH MORNING), GRAB EITHER A SODA STREAM DRINK OR A HOMEMADE STARBUCKS STRAWBERRY ACAI REFRESHER FOR WORK, AND OUT THE DOOR!



7:40A/7:45

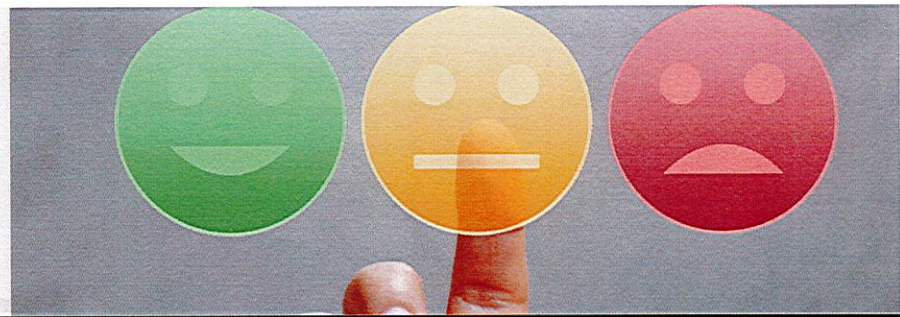
HEAD TO WORK. DEPENDING ON THE TIME I LEAVE THE HOUSE IT CAN TAKE ANY WHERE FROM 15 MINUTES TO 45 MINUTES TO GET TO WORK. GOTTA LOVE LA TRAFFIC!!



8:00A/8:10

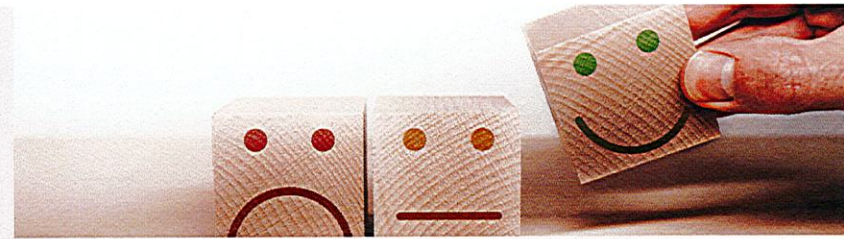
TURN ON COMPUTER, START SECOND CUP OF COFFEE FOR THE DAY (SAME AS WHAT I HAVE AT HOME), REVIEW TASKS AND MEETING SCHEDULE TO PREPARE ANY NOTES, CATCH UP ON EMAILS

Jessica's good day/bad day morning to lunch



TIME OF DAY	TYPICAL	BETTER	WORSE
Morning at home	UP ON TIME, BREAKFAST IS QUICK AND EASY, DON'T NEED TO SHOWER SO CAN GET READY TO GO QUICKLY	OUTFIT IS PICKED THE NIGHT BEFORE SO I CAN GET DRESSED WITHOUT CHANGING CLOTHES THREE TIMES	WOKE UP LATE. SHOWER TOOK TOO LONG. CAN'T EAT BREAKFAST OR DO MY HAIR
Commute	TAKES ABOUT 15 MINUTES FROM MY FRONT DOOR TO THE OFFICE	NO TRAFFIC AND I GET TO THE OFFICE EARLY	TRAFFIC, ACCIDENT OR DETOUR FOR CONSTRUCTION AND DRIVE TAKES ABOUT 30 MINUTES
Morning at work	ARRIVE ON TIME, TO DO LIST IS WAITING FOR ME AND I JUMP RIGHT INTO THE FIRST TASK	I HAVE NO NEW MEETINGS ADDED TO MY SCHEDULE AND CAN WORK ON PENDING PROJECTS	LOTS OF UNEXPECTED MEETINGS OR CHANGES TO PROJECTS AT THE LAST MINUTE
Lunch	I'VE BROUGHT SOMETHING FROM HOME	GETTING CHICK FIL A WITH COWORKERS	FORGOT TO BRING SOMETHING FROM HOME AND I HAVE NO TIME TO RUN OUT AND GET SOMETHING

Jessica's good day/bad day afternoon to overnight




TIME OF DAY	TYPICAL	BETTER	WORSE
Afternoon at work	COMPLETING DAILY PROJECTS	NO NEW PROJECTS FOR THE NEXT DAY. TO-DO LIST IS READY FOR THE MORNING	HAVEN'T CHECKED OFF ANYTHING FROM TO-DO LIST, ACTUALLY ADDED MORE ITEMS TO THE LIST TO CARRY OVER TO THE NEXT DAY
Commute	TAKES ABOUT 15 MINUTES FROM OFFICE TO MY FRONT DOOR	NO TRAFFIC AND I GET HOME QUICKER THAN USUAL	LOTS OF RED LIGHTS, TRAFFIC, AND DETOURS
Evening	FINISH UP A LITTLE WORK, REVIEW ANY PENDING EMAILS THAT WEREN'T CAUGHT BEFORE LEAVING THE OFFICE, DINNER WITH ANDREW AND CLEAN KITCHEN BEFORE BED	NO WORK REVIEW, DINNER OUT WITH ANDREW AND FRIENDS, ABLE TO READ A BOOK FOR PLEASURE	TONS OF WORK TO DO AT HOME, NO DINNER WITH ANDREW
Overnight	IN BED BY 10, READ ONE CHAPTER OF CURRENT BOOK	READ MULTIPLE CHAPTERS OF CURRENT BOOK AND ASLEEP BY 9:30	IN BED AT 11 OR LATER AND INSOMNIA KICKS IN SO DONT ACTUALLY FALL ASLEEP UNTIL AROUND 2 OR 3 IN THE MORNING

- 
- **ADVOCACY FOR ALL**
 - **THIRST FOR KNOWLEDGE**
 - **PASSION FOR HELPING**
 - **YEARS OF EXPERIENCE WORKING WITH PEOPLE FROM ALL WALKS OF LIFE**
 - **EAGERNESS FOR CULTURAL COMPETENCY**

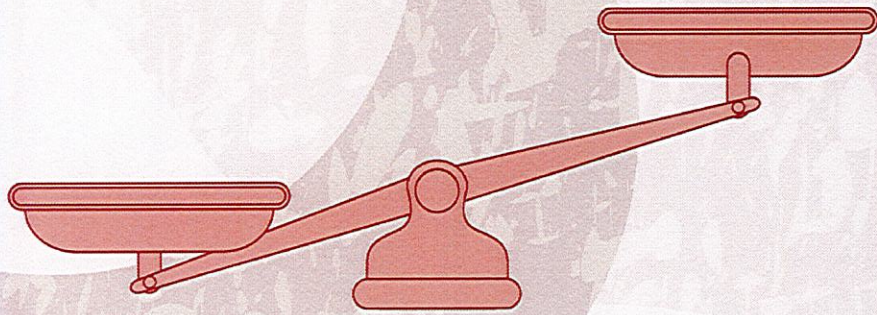
What I bring to the table



What People
like and
admire
about me

- 
- **GOOD LISTENER**
 - **ORGANIZED**
 - **MINDFUL OF TIME**
 - **RESOURCEFUL**
 - **WILLING TO TRY ANYTHING**
 - **EMPATHETIC**

Important to me



- Being clear and concise with my explanations
- Making sure I'm open and available for questions and comments on the person centered material
- Respecting others time and commitment to learning
- Staying open minded and curious
- Spending time with my partner and family
- Traveling and exploring new cultures, finding new food, and learning new things
- Family--My parents, one sister, and niece live in Alabama, my brother and his family live in Georgia, and my sister and her family live in Texas so I don't get to see them often
- Sleep! I am not a good morning person so they more sleep I can get, the better I am at life!

- Being a part of the conversation
- Keeping to a schedule and making sure I'm up to date on any changes that have been requested for a project
- Learning new things daily
- Getting enough sleep so that I can be the best person possible each day



Important For me

Work Life Balance

Working / Not working

Working

- **ALARM REMINDER FOR END OF WORK DAY**
- **HAVING A DEDICATED SPACE AT HOME FOR WORK**
- **HAVING A TO-DO LIST EVERY DAY**
- **MAKING SURE MY CALENDAR IS UP TO DATE ON MEETINGS**
- **SETTING ASIDE DEDICATED TIME FOR SPECIFIC PROJECTS (AN HOUR EACH DAY FOR PCT PRACTICE, AN HOUR TO FOCUS ON CLIENT CASE FILE UPKEEP)**

- **ALARMS ARE JARRING AND DISRUPT WORK FLOW**
- **MY ALARM MAY GO OFF BUT I STILL HAVE TO FINISH PROJECTS AT HOME**
- **THE TO-DO LIST MIGHT NOT BE TOUCHED DURING THE DAY WHICH MEANS I HAVE TO FINISH ITEMS AT HOME**
- **NEW ITEMS MAY BE ADDED TO MY CALENDAR THAT I'M NOT AWARE OF UNTIL THE LAST MINUTE**
- **THE DEDICATED TIME DOESN'T ALWAYS WORK OUT DUE TO MORE PRESSING NEEDS**

Not Working

Matching for Jessica



PERSONALITY CHARACTERISTICS

WANT:

- DEDICATED
- CREATIVE
- OPEN-MINDED
- WILLING TO TRY IT ALL
- TIME CONSCIOUS

DONT WANT:

- NEGATIVITY
- NEVER ON TIME
- DOESN'T KEEP TO A SCHEDULE
- GOSSIPY
- CLOSE-MINDED



SUPPORTS

NEEDED:

- GREAT WRITING SKILLS
- CLEAR COMMUNICATOR
- BIG PICTURE FOCUS
- KNOWLEDGE BASED IN OUR FIELD
- DIVERSITY

NICE TO HAVE/SHARED INTEREST

- INTEREST IN READING
- LOVER OF FOOD AND WILLING TO TRY NEW FOODS
- INTEREST IN PERSONAL GROWTH WITHIN OUR FIELD OF WORK



Jessica's 4 +1

FOCUS QUESTION: WHAT I'VE DONE TO FIND A BETTER WORK/LIFE BALANCE:

What did you try?

- **SETTING AN ALARM FOR 4:30 PM THAT SAYS "STOP WORKING AND GO HOME"**
- **BRINGING MY GYM CLOTHES TO THE OFFICE AND SETTING A 5PM MEET TIME AT THE GYM WITH MY HUSBAND MONDAY-FRIDAY**
- **WHEN I WORK FROM HOME, I HAVE A DESK SET UP IN THE GUEST ROOM SO I DON'T WORK FROM THE COUCH, DINING ROOM TABLE, OR BED**

What did you learn?

- **THE ALARM IS A GREAT REMINDER TO STOP WORKING**
- **THE SET GYM TIME MEANS I LEAVE THE OFFICE INSTEAD OF CONTINUING WORK**
- **THE GUEST ROOM WORK STATION MEANS I FOCUS ON WORK INSTEAD OF THINKING OF ALL THE THINGS I NEED TO CLEAN/STRAIGHTEN UP IN THE LIVING/DINING/BEDROOM SPACES**

What are you pleased about?

- **I'M BECOMING MORE MINDFUL OF GETTING HEALTHY AND IN SHAPE**
- **MY LIVING/DINING/BEDROOM STAY CLEAN FROM WORK CLUTTER AND I'M NOT POTENTIALLY VIOLATING HIPAA**

What are you concerned about?

- **THE ALARM COULD HAPPEN DURING A REALLY GOOD WORK FLOW AND I LOSE MOMENTUM ON THE PROJECT OR FORGET WHAT I WAS WORKING ON WHEN I RETURN TO WORK**
- **IF I HAVE TO CANCEL THE GYM TIME DUE TO WORK MY HUSBAND MAY BECOME UPSET WITH ME, ESPECIALLY IF IT HAPPENS MULTIPLE TIMES A WEEK**

GIVEN WHAT I LEARNED, WHAT WILL I DO DIFFERENTLY OR CONTINUE DOING MOVING FORWARD:



+1

- **CONTINUE BRINGING GYM CLOTHES TO WORK**
- **MOVE GYM TIME TO 5:30 SO I CAN KEEP WORKING IF I'M HAVING A GOOD FLOW**

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