What people like and admire about me:

They think I’m knowledgeable and good at explaining to and helping others, as well as initiative and organised. They also consider me friendly and to have a good sense of humour.

What’s important to me:

Structure; I work best in a structured environment where I know precisely what is going on, what I am supposed to be doing, and how I should be doing it.

Also, being able to finish what I have started; I find it hard to stop doing something part way through.

How to support me well at work:

Make sure I am fully aware of what I should be doing and what is expected of me before leaving me to get on with a job. You may need to tell me at least twice before I can understand properly.

I must also be allowed to carry out the work at my own pace, as I can get rather defensive if rushed.

Also, if the stated plan for the day has to be changed for whatever reason, make sure I am alerted well in advance; I do not take short notice changes of plan well.