

# *My One Page Profile*



*Your Name: Alison Benbow*

*Role: Deputy CEO of JMAT*

## *What people appreciate about me:*

- I'm supportive of people's circumstances
- I'm a good listener
- I'm approachable and respectful

## *What is important to me:*

- My family are important to me
- I love my dog – and dogs in general!
- Work/life balance – I enjoy swimming
- Time and space to think and reflect
- Spending time with people I care about
- I like to feel organised
- Being a team player

## *How best to support me:*

- Be honest and open with me
- Give me time to consider and reflect
- Allow me the opportunity to talk things through
- Include me
- Make me lots of coffee
- Find time to have a good laugh