

MY

ONE PAGE PROFILE

My name is: Sarah O'Brien

Age: In my twenties

My job: Participation and Policy Assistant



What people appreciate about me

- I am passionate about all the projects I work on
- I'm honest when giving feedback and I let people know if I don't think something will work
- I've been involved with a lot of different types of project and people so have a lot of connections and ideas
- I think of ways to help others before I help myself

What is important to me

- I like to get out of the office at lunch time for a walk
- When I can I like to go to the gym for yoga, boxing and weight training as it helps me to refocus
- My family and friends
- I like to read about what is happening in the news and how we understand autism
- I really like driving, and I have a favourite motorway

How to support me

- Bright lights and loud noises can make it difficult for me to concentrate, so I sometimes work with headphones on
- I'm not always good at initiating conversation so might need prompting to help start a conversation
- I like clear instructions of what is expected of me