

MY ONE PAGE PROFILE



Felicity Carter

Autism Exchange Project Manager

WHAT PEOPLE APPRECIATE ABOUT ME

- My positive 'can do' attitude
- Nurturing and loyal
- My love of cooking and baking means there's always cake at my house



WHAT IS IMPORTANT TO ME

- Going for a walk at lunch time for fresh air and nature
- Good weather, when the sun is shining it puts me in a good mood for the rest of the day
- Being able to have a laugh with friends and colleagues, the cheesier the joke the better
- My to do lists – I have lists in every part of my life, they make me feel more organized and in control
- Having a chat over coffee, it can take me a long time to get to know people as I can be quite shy around new people
- Being able to run home from work once or twice a week keeps me feeling calm, especially if it's been a stressful day!



HOW TO SUPPORT ME

- Be honest and clear with what is expected of me and tell me constructively if I go wrong so I can improve
- Give me targets of what is needed and by when
- Too many noises can make me feel stressed and I may struggle to concentrate on what I need to hear or do – I may sit with headphones in all day or move to quiet space for a phone call, if we have a meeting I would prefer to sit in a quiet place.

