

Getting to Know You

Create a profile

Video 3 - What people like about you

Transcript

[Helen Sanderson and Andrew Cozens are sitting on a sofa discussing one-page profiles.]

Helen Sanderson: So the first section of a one-page profile is the appreciation section, where we have a record of what other people like and admire about the person and this can be really tricky to do by yourself and also people wonder about it being patronising but I think it's so counter-cultural for us to both recognise and record what other people think is great about you. So what I've learnt about you just from our few moments of having a conversation is you're someone with great integrity, you're self-contained and you're really committed to making a difference in people's lives. If you think about some of the people who are important in your life like your wife and some of your work colleagues, what are the kinds of things that they'd say about you?

Andrew Cozens: I think they'd probably say that I'm funny and that I'm quite informal and also I get on with most people in a whole variety of different contexts and I find points of connections, so football is a great point of connection. I don't have much in common with my neighbours other than gardening but we're... spend a lot of time... but we're very close because of those sorts of conversations, so that's a strength I think. I don't take myself too seriously although I take seriously what I do, if you see what I mean. I don't stand on ceremony too much, those sorts of things.