

# Getting to Know You

## Create a profile

### Video 6 – How to support you

#### Transcript

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

**Helen Sanderson:** So the support section is really what other people need to either know or do to support you well. So in terms of your one-page profile in the support section it sounds like people being upfront with you about what they need from you is something that we could put in there.

**Andrew Cozens:** Yes that would certainly be true, and meaning therefore that I can be sort of be ready and make the best use of their time as well.

**Helen Sanderson:** Advice when you get stuck and we've included gardening about that, and you would usually ask for that directly. They are some of the things we have been learning about, what good support looks like.

**Andrew Cozens:** That's, that's all true. I mean, it's been a really interesting process for me because I don't often think about how I work and what I need to work successfully and I certainly don't think about myself physically in relation to work, but the ways that I manage stress and pace, it's really interesting reflections that come out of this session. I think I may have over-emphasised the structure that I do because I actually I do lead a quite organic life, every day's different and I thrive on that but probably what you drew out from me was the stuff that perhaps I haven't thought as much about before, about the balance between being self-reliant in order to be successful but also wanting what I do to have value to other people and how best to use other people to help get even more value from that and I think that has been really interesting.

**Helen Sanderson:** You're right one of the hardest sections is the support section, when somebody is as self-contained as you are but it's helpful to recognise that we all need support in different ways even if it's your colleagues being prepared in a particular way and sometimes it's direct prompts and reminders so it's good to hear a bit more about that from your

good day and bad day.

**Andrew Cozens:** Well I think it's interesting to reflect on the way that I reacted to you talking about support because support has a slight pejorative sense and mutuality ... the fact you're giving and taking, for me, the things that I do for love and the things that I seek to be paid for are obviously part of that debate so it's been really interesting to get me thinking about that.