

# Jessica Smith



## What people like and admire about me

- Knowledgeable about the disability services field
- Care about the wellbeing and experiences of others
- Kind and helpful
- Smart and independent

## What is important to me?

- A positive and collaborative environment
- Flexibility to be present with my kids
- Physical activity and spending time outside
- Having a calm and peaceful work environment
- Technology as a tool to help me stay organized, connected and efficient

## How to Best Support Me

- Balance between independent tasks and collaborative tasks
- By giving me grace sometimes when I'm having a bad day or feeling overwhelmed with too many tasks
- Good note taking and digital calendar help me to stay organized and accountable
- Maintaining boundaries between work and home life