



What do others like and admire about me?

- Kind, Friendly, Caring, Reliable, Energetic & Positive
- Approachable, trustworthy, hard working and detail orientated
- Easy to Talk to, Sincere and Honest

What is important to me?

- my family, my pets and my friends
- work/life balance
- living to the best of my abilities and helping others live their best life

How to best support me?

- Allow me time to reflect before answering/decision making
- Respect my need for quiet and down time to recharge and focus
- I am sensitive and I like words of encouragement;

Tanya Schmid