

# Tammy Ouellette

**"Integrity has no need of rules. It supports me to walk my talk"**

## *What people like and admire about me?*

I am a great listener, caring and understanding.  
I am an advocate for all. Encouraging and supportive.  
I am organized, have good time management skills, but can go with the flow.  
I am confident and professional, but still like to have fun.  
I am honest, genuine, and reliable.  
I always have the teams back. I am willing to do what I ask of others.  
I work hard to make Centerpoint a great place to work.  
I believe whole-heartedly in being person centered and helping others to become so as well.



## *What is important to me?*

To be competent and professional, and to ensure everyone who works for Centerpoint is as well. To have a good reputation in the community.  
It is important to me to be organized and be flexible with my time.  
I recognize others time is as important as my own.  
It is important that the team know they are my priority. I will always have their back and time in my schedule for them.  
I need to work with people who are honest and genuine and that I feel comfortable with.  
I need to be able to just be “me” with my team.  
It is important to me to have balance in my life, so I can lead a healthy life.

## *How best to support me?*

To respect the fact that my family is the most important thing to me and know that I schedule my work around being able to spend time with them.  
Respond to my emails, phone messages etc. . . . in a timely manner.  
Keep me in the loop. I am interested and concerned in what the team is doing.  
Know that I may need a bit of time to think things through. I am self-reflective and do not like to be put on the spot or feel bullied.  
Use Power With language when you are talking to me or anyone else!  
If you have questions or suggestions please share, this is a learning environment, and I like other thoughts and opinions.