

# Tammy Ouellette

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

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

**I am approachable, empathetic and patient.**

**I am an advocate for all. Knowledgeable and supportive.**

**I am organized, have good time management skills, but can go with the flow.**

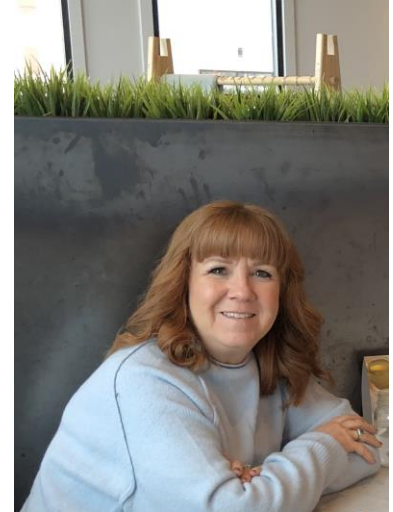
**I am confident and professional, handling whatever happens or is said with grace and acceptance.**

**I am 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.**

