

- Mixing socially in a lively, animated environment
- Staying connected with others, especially those who I know better
- Being in the spotlight for short periods of time
- Expressing my views when needed

- Receptive to new ideas and experiences
- Seeking change over stagnation or routine
- Curious, imaginative and creative, seeing possibilities
- Relishing intellectual debate and working with theoretical concepts

- Being open to others' needs whilst expressing my own needs and interests
- Happy to help when others ask for support
- Trusting people from the outset, in the hope they're worth trusting

- Driven, diligent and industrious
- Prefer to plan, organise and systematically deliver according to the plan
- Setting high personal standards
- Goal and target driven

- Unruffled, calm and untroubled by pressure
- Cool and composed in a crisis
- Quick to recover from setbacks and disappointments
- One of life's optimists, who expects things to turn out for the best



The way you walk



Your values

Amber Andrews



Your wellbeing



Your drivers

- |                 |                |
|-----------------|----------------|
| Nutrition       | Activity       |
| Hydration       | Social support |
| Caffeine intake | Me time        |
| Alcohol intake  | Smoking        |
| Sleep           |                |

## 1. Integrity

## 2. Cooperation

## 3. Intellectual Challenge

## 4. Meaningful Work

## 5. Responsibility

### Ethical Standards

To be surrounded by people who share similar values and beliefs/principles to me.

### Cooperation

Cooperative, supportive and friendly relationships, where I feel there is mutual respect and all are striving for the same ends.

### Organisational Confidence

The organisations that I come into contact with are well run, make smart decisions and have a positive future.

### Belonging

To fit in and be accepted as a member, or an important part, of my different networks, social groups and communities.

### Job Satisfaction

To be engaged in activities that I find interesting, enjoy and that I consider important.



**Your values.** The stuff that is in your heart - the things that you value and want from your life (your more global life goals) that inform your beliefs about what you ought to do in given situations.



**Your drivers.** The stuff that puts fire in your belly - the things that energise, direct and allow you to sustain your behaviour.



**Your wellbeing.** The extent to which you take care of yourself.



**The way you walk.** Your preferred ways of thinking, feeling and behaving. The qualities that make you unique and determine how you tend to be.