

# MY ONE PAGE PROFILE



## **Gil Goncalves**

Training and Consultancy Officer

### **WHAT PEOPLE APPRECIATE ABOUT ME**

- I am easygoing and approachable
- I am reliable and a good timekeeper
- I am good at keeping in touch with friends and family
- I work well within a team.



### **WHAT IS IMPORTANT TO ME**

- Work-life balance and explore the UK countryside
- Holidays abroad, meeting new cultures and local cuisine
- Exercising regularly (cycling, the gym) and following a balanced diet
- Doing a good job and supporting colleagues.



### **HOW TO SUPPORT ME**

- Allowing me time to reflect on new tasks and the impact on the job
- Providing constructive feedback and showing me new ways of doing things
- Suggesting training events or joint activities to improve my performance
- Being open and honest about my work and rapport within the team

