# my one page profile/description

Insert photo if desired and re-size as needed



* ./..
* I



* …

|  |
| --- |
| Name  |



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# My person centered review meeting

Date of the first description:

Dates the description was changed:

Purpose: What do I hope this description will help me accomplish?

*Insert the purpose of this person-centered description-PCD ( i.e. to synthesize the learning from my discovery skills in session two and develop a PCD for professional purposes and reflecting on what it means for me to grow into a PCD facilitator)*

Who helped with this description? (Who provided information?)

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Who else can help me get more information?

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# A close up of a logo  Description generated with very high confidencePeople in my life; at work and if desired include others

Name

Name

Name

Name

Name

Name

Name

Notes about my relationship map:

# My introduction – great things about me

| What do people like and admire about me? What are the good things they say about me? How would I like to be introduced? What gifts and skills I possess and use at work? What makes me an effective meeting facilator? | New things I have learned about myself |
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# What’s important to me now

| What’s important to me now? | New things I have learned about myself |
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# What’s important to me in the future (hopes and aspirations)

| What’s important to me in the future? | New things I have learned about myself |
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# what are characteristics of people who support me best?

| What do the people that I like to work with have in common? Have there been people that I couldn’t work with? What do they have in common? What gifts or skills would I like in a coach/mentor who may assist me with the Person Centered Review meeting? | New things I have learned about myself |
| --- | --- |
| Works best: | * .
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| Doesn’t work well: |
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# what others need to know to support me best

| If I am going to have the things that are important to me, and stay healthy and safe, do my best at work and wearing the hat of a Person Centered Review Facilitator what do people need to know about me? What do they need to do? How do I need to be supported at work and in facilitating this review process/meeting? | New things I have learned about myself |
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# what are my future goals/dreams in the context of home life, employment and career development, health and wellbeing, and community invovlement and relationships? ( see pages 23 i.e Dreams exercise, you can reflect on some or all of these areas and if you have other areas outside of these categories please add)

| Future Goals and Dreams | New things I have learned about myself |
| --- | --- |
| * Home Life:
 |  |
| * Employment and Career Development:
 |
| * Health and Wellbeing:
 |
| * Community involvement and relationships:
 |
| * Other:
 |  |

# how i communicate

| What is happening | What I do | We think it means... | Others should… |
| --- | --- | --- | --- |
|  |  |  |  |
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# what’s working and not working from different perspectives

| Perspective | What’s working | What’s not working | New things I have learned about myself |
| --- | --- | --- | --- |
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# things to figure out – questions to be answered

| What are the things that I am still trying to “figure out”? what are the things about me, what I don’t understand or where I need more information? What are the things that are getting in my way? What questions need to be answered? | New things I have learned about myself |
| --- | --- |
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# **OUTCOMES AND ACTIONS**

Desired Outcome:

How this is connected to what’s important to me:
.

| Goal | Action Steps | By Who | By When |
| --- | --- | --- | --- |
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Desired Outcome:
How is this connected to what’s important to you:

| Goal | Action Steps | By Who | By When |
| --- | --- | --- | --- |
|  |  |  |  |

# date of our next review