

# My One Page Profile

Emily O'Brien



## What People Appreciate about me

- Positive & loving
- Sociable
- Driven & resilient
- Generous & compassionate
- Good sense of humour
- Creative & adventurous

## What's important to me

- I am from a rather big family with plenty of older half and step siblings. I have a twin brother that I'm close with as all my older siblings don't live at home and I'm really close to my parents! I know when I need to talk that they're there to listen to me so I'm very lucky! I've moved house several times but at the moment I'm between Kildare and Carlow.
- Spending time around people is very important to me! I love going on spontaneous adventures with my friends no matter how big or small. We like going to midnight showings in the cinema, we often go to different beaches and forests to try out new places. I am quite outgoing and I love chatting to people. I am at my happiest when I'm with the people I love and care about. I revel in supporting my family and friends in their new endeavours!
- Another thing I love to do with my friends is travel! I enjoy going on summer holidays and I love going on city breaks! I have a long list of places I want to visit and I enjoy slowly ticking them off. Discovering new places and environments can be scary but it also excites me because there is so much opportunity in new places.

## How Best to Support Me

- I like to keep a healthy balance between my work life and my home life in order to keep good mental health therefore, I ensure I take my breaks and I try to finish on time when I can! To support me, please keep this in mind when we are working together and setting realistic goals.
- I really enjoy talking to people and it's where I get my energy from so never be afraid to reach out to me! Sometimes when I feel lonely I get down on myself and find it hard to be productive so I enjoy being in a friendly atmosphere! I may not be as talkative when I am really busy or stressed but I will never ignore you!