

My One Page Profile

Róisín Coughlan



What People Appreciate about me

- Kind
- Thoughtful
- Positive approach
- Ability to stay calm
- Sees the funny side of things

What's important to me

- My daughter Féile and my husband Barry are the most important people in my life. We do everything together and are a very tight knit team. We love to watch movies, and we enjoy taking nice long walks together at the beach. We make time to get out into the air at some point during the day, for a swim or a walk or just a couple of breaths. We always sit down together for dinner and chats at around 5:30.
- My family and family in law are hugely important to me. I love it when we all get together, there is guaranteed to be lots of laughter. I have a few amazing groups of friends and once I make a friend I am loyal to the core. Most evenings, I take time to check in with friends and family and catch up usually over the phone or WhatsApp groups.
- To switch off I'll practice yoga, meditation, walks by the sea, or go for a swim in the sea. I love to swim in the sea all year round and everyday once it is safe to do so. I enjoy getting stuck into cooking whilst listening to music and am known to regularly dance around my kitchen.

How Best to Support Me

- Sometimes I need time and space to be creative. That can mean that I may need time to reflect on something first, or that I might like to explore other possibilities. My team can support me with this by allowing me some time and space to reflect and think and to ask questions and to allow me to look at something from different angles.
- I am comfortable with receiving direct feedback, and if I don't receive feedback that I believe to be important, I will ask for it. Once the feedback comes from a respectful place, I don't mind how it comes to me.
- When sharing deadlines with others, I like to keep communicating about it and have regular check-ins to ensure everybody is on the same page. I like to plan out my tasks and know what my involvement is in the joint task. I tend to maximise my time across multiple simultaneous tasks so this could mean that I will deliver on a deadline just as it is due.