



My One-Page Profile

Your name:
Mrs Valean



What I like/ don't like

I like exploring the nature, discovering new places gardening, doing sports (football, tennis) or helping my parents in the countryside.
I don't like heights, snakes or any kind of reptiles, people trying to cheat or hurt others.

What is important to me?

To me is important to know that my family is well and healthy. Their support, their words of kindness and encouragement mean a lot to me.
It is also important to have people around me that appreciate and value me for who and how I am.
My career is also important and gives me lots of satisfaction.

How best to support me with my work and feelings?

Whenever I need support, I ask for help. I usually tend to do my best, try things on my own, but there are times when I admit that other's support is beneficial.

I try to talk to someone when I have a problem or I am sad. It is really important to have someone reliable to listen to you, give you an advice or just be there for you. Family, trusted friends and work colleagues are those persons I go to ask for help when I need it.
There is a saying that goes ' *a problem shared is a problem halved* ' and I agree with it.