

Paddy Carstairs



What's important to me...

- Cathy, my wife and partner is the most important thing in the world to me, followed by the rest of my family. They may sometimes drive me nuts but I'm nuts about them.
- Respect
- Fairness
- Doing things that have meaning to me keeps me motivated and energised.
- Keeping my personal and professional integrity intact
- Getting things done.
- Having a sense of purpose
- Getting a good balance between work and life outside work.
- Music, especially new music that hits the spot
- Having a wee chuckle if not a big laugh
- Gravy and mint sauce on roast potatoes

What people like and admire about me...

- I give a considered response to situations and don't rush into judgments.
- I am patient and compassionate.
- I don't get ruffled easily.
- I am trustworthy and loyal
- I try to see a wider picture
- I am flexible, approachable and welcoming

How best to support me...

- Tell me what I need to know so that I can do what I need to do – even if you think I already know it. I can get anxious if I don't feel adequately prepared.
- Share your enthusiasm.
- If I don't understand, please explain.
- Give me constructive feedback and help my own learning.
- Tell me if I've done something well.
- Allow me to ask your advice, and seek mine if you think I can help.
- Don't overload me with information. These days I operate at a measured pace.
- Avoid jargon – use words we all understand
- Smile