

One Page Profiles

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associates

A good one-page profile makes you feel like you have met the person, just from reading it. Check your one-page profile is the best it can be.

1

Is it detailed?

Great one-page profiles go beyond one or two words, they explain how often, who with, when and where too.

Instead of this – “cycling”

It is better to write this - “My bike and the freedom it gives me. I aim to get out on it three times a week for a minimum of at least 20 minutes but a full hour of cycling is best.”

2

Is it specific?

Look out for the word ‘regularly’ – it could mean daily, weekly, monthly or annually.

Instead of this – “going swimming regularly”

It is better to write this - “To go swimming every Monday evening with my friend Susan, and then to have a cappuccino in the cafe afterwards for a good chat.”

3

Could you use it?

The 'how to support me' section should give you good specific information, so that if you had to support that person, or be part of their team, you would know exactly how to do this well.

“I do not like wasting time - if you are going to be late, please let me know.”

“I don't like to be rushed, so give me time to answer questions. If you think I haven't understood, ask me again, but use the same words.”

“When I am anxious I squeeze my hands together tightly. If you notice this, give me my stress ball and that will help me to relax.”

Now check...

You know you have a great one-page profile, when you could take the name and photo off the profile and people would still recognise the person from the information on it. Try it out and see for yourself!