



# Hi, I'm Rachel



## People describe me as...

Kind,  
Caring,  
Thoughtful,  
Positive,  
Helpful,  
Energetic



## What is important to me...

My family (I live with my partner and my 2 daughters)

Running in the countryside

Spending time with my friends

Baking

Drinking tea



## What I would like to get better at...

Running further

Map reading

Being more confident with animals

Dancing

Reading more books

Being more patient when I am tired



## What do I do?

I am an *Educational Psychologist*. My job is to think about what support children and young people need to help them to learn and develop into the people they want to be.

I try to talk to lots of people who know and work with you to find this out, but your views are really important.

I use all the information I get to try and make a plan about how we can support you better.



## What might we do together...

We might talk about:

- things that you like and don't like.
- things that you are good at and other things you might need more help with.
- What is important to you
- Your hopes for the future



We might also do some questionnaires together or do some activities which help me to find out more about you.

## What happens if you do not want to work with me?

If you do not want to meet with me or do any work together, you do not have to! We will only meet or do as much as you would like to. It would just be great to get your views.

If you have any questions, you can write them down or ask someone to write them down for you and I will try my best to answer them when we meet.

I look forward to meeting you!

See you soon!

