



Kirsty Trimming

I Enjoy.....

Reading

Listening to music

Being a voice for
others Helping others

What is important to me

That I know where I have
to travel to and I know
what I'm doing.

Having the right
information for the job.

Checking out with me that
I have understood.

My Experience

I am a person with lived experience.

I have worked as an Expert Adviser
for 9 years and have taken part in
Care and Treatment Reviews.

I do other work with Inclusion North
and have been a leadership coach
and a co researcher.

My Skills and Knowledge

I have completed my Diploma level
2, 3, 4,5, 6, 7

I am working on my Masters and
might do my Doctorate next year

I am good at listening and able to
see the bigger picture.

I think about what I've been
through and how the other person
might be feeling.

I am good at developing and
delivering training.

What people say about me

Good listener, easy going

Patience, understanding

I am calm, chilled, thoughtful,
punctual, reliable, problem solver,
observant.