



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 5 years and have taken part in Care and Treatment Reviews.

I do other work with Inclusion North and I am working as a Leadership Coach with the Take the Lead Team.

My Skills and Knowledge

I have completed my:

- Diploma level 2, 3, 4 and 5 in Health and Social Care

I am working on my Level 6

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

Patience, understanding

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