



Teresa Idris

My strengths and skills as a Trainer

- I understand the 'big picture' and can help others understand how the dots connect
- I can provide detailed feedback
- I love to problem-solve creatively
- I can find something positive in any situation

How others describe me

Captive teacher – Approachable - Caring

What's Important to me as a trainer

- There are clear expectations or outcomes communicated
- There is flexibility so I can meet the needs of my audience
- The training space is conducive to learning
- The timeframes and expected outcomes are based in reality
- There is time to get to know people
- There is humility in our work to see improvement is possible
- There is time to stop and celebrate our successes



Doing my best work...

- I do my best work when I get a chance to think things through-expecting rapid fire answers from me doesn't work well
- I'm smartest in the early part of the day. Try to avoid 4pm or later activities
- I don't know when to say no. I want to do it all. Gently question my ability to participate.
- I am a big picture thinker and need support around details, like editing papers and keeping