

What Others Like & Admire about Jen:

- Listener
- Enthusiastic
- Optimistic & Positive
- Sense of humor
- Easy-going
- Star Trek Geek
- Responsive & Timely
- Commitment
- Kind, Welcoming, & Accepting
- Exploring new tech, ideas, places
- Doesn't mind traveling alone
- Creative
- Empathy / Work towards understanding perspectives

Jen Randle



My Why:
To contribute in the joy, trust, & learning so that we feel supported & safe.

What's important to Jen

- Being helpful & supportive
- Respect
- Teamwork
- A kind, supportive environment
- Helping others learn to speak for themselves
- Including & supporting others
- Having fun
- Self-improvement/learning
- Music or Podcast during breaks or when alone
- Eating better, Hot tea, diet coke/zero, water
- Writing
- Training/Teaching, making it fun, knowledgeable, & safe

How can someone support Jen?

- When I train, I forget to watch the time - please be a time keeper for me.
- I can ramble. I hate that I do this & want to get to the point. Help me keep it short/get to the point.
- Help me hear different perspectives. I want to listen and learn.
- Help me understand how to support you. I want to be supportive.
- Remote work is great, but having an office or meeting in person is too. Meet in person with me when possible. Using Teams helps me feel like we're together.
- Allow me time to process thoughts or questions. I do better having time to think.
- Please tell me your concerns, questions, ideas, and/or suggestions. I want to hear you. Give me time to think it through. This doesn't mean I'm saying 'no' but just working it through.
- I get frustrated with myself when I things aren't working out 'just so.' I want things to go smoothly and people to feel supported.
- Be patient with me, remind me there are people I can ask for help.
- I can get loud as my enthusiasm grows. If this bothers you, just remind me to be quieter.
- I like to stay in the background, working.
- I need some alone time to recharge. I like to draw, write, read, play games, walk, work out.
- If you ask what you can do to help, I have to think it through. It's not that I don't want your help! Some things are in my head, not written down. I just need to process.
- I am a "huggy" type of person. If hugs aren't your thing, remind me.
- Math isn't easy for me. Give me a calculator and walk me through the steps first (maybe...probably more than once).
- I hope my jokes are funny.
- I work to have radical empathy - meaning I may not understand what you're going through, but I will work my butt off to try to understand. Help me.
- I love what I do and can work through the day on projects, ideas, etc. Remind me breaks are fine. I want others to take care of themselves & need to do this for me, too.
- Respect me.