

## Simon Sargent

### One-page Profile



#### What people like and admire about me

Affiable, emphatic, team worker, social, good listener. Committed to make a difference to people, fun loving, outgoing.

#### What's important to me

My Wife Marilyn and Daughter Grace, (oh and Buster our Westie Dog)

Enjoying time with my Family and Friends.

Working for the charity Break with Mates.

Being organised prior to meetings or activities.

Supporting Southend Rugby Club and England Rugby

I like Listening to music and have a varied music collection.

My garden is important and have gardened from my early teens. It's a nice space to relax and chill out.

To be smart and dress smart, whether going to work or out casually.

#### How to support me

If we have a meeting, be on time and prepared.

I may not ask for advice, but please feel free to give any advice and I will listen and use the advice given, its always appreciated.

I speak how I expect to be spoken too, be polite and curious and i will respond in the same manor.