# 1PP Staff: What is a 1 page profile - Transcript

A one-page profile is a simple summary of what matters to you. It's a way for your colleagues to know what matters to you and how to support you to be at your best.

Whether you work in health, social care, or are a volunteer, one-page profiles ensure that everyone is seen as an individual helping people to feel valued and building mutual respect. They help teams know the best ways to work together and support each other.

Every one-page profile has three sections: what people appreciate about you, what matters to you, and how to support you. But you only need to share things that you're comfortable with other people knowing.

One-page profiles are part of how we're putting what matters to each other, people, patients, and colleagues at the heart of health and social care.