



**Ligament**

Connections equal strength

Meet our *Superstar* Physio!

**AF**

**Nationality**

South African Female

**Age Range**

20 - 25

**Experience Level**

"New Grad - 3 years "

**Desired Contract**

Kea (3 - 6mths or longer if needed)

**Clinic Disciplines and Areas of Experience**

Paediatric, Yoga, Orthopaedics (pre & post operative), Rehabilitation (vocational / functional), Neurology

**Who am I ?**

I am an adventurous and easy going person who values human connection and interactions with new people. I am passionate about Physiotherapy and helping others in any way that I can, I love finding new ways and methods to help my clients in order to provide them with holistic care. I am versatile and confident in my work as well as in my personal life, I enjoy challenges and being put out of my comfort zone.

**Interests**

I have many interests outside of work, I am always looking for new hobbies and activities to explore. I love the outdoors and nature and I prioritize spending as much time outside as possible. My main interests include photography, art, yoga, hiking and playing the guitar. I also love to read and write.

**Physio Interests**

**CPD to Note**

For now I am still exploring all the different areas of Dry Needling level 1 Physiotherapy and therefore would like to work in a Psycho-neuro immunology course with Dr. Ian variety of clinics in order to find my interest. If possible I would love to work with clinics that offer more holistic and multidisciplinary care.



# More about AF

## Quotes from References

### Accuracy / Timeliness and Workload

Ashley is punctual at work and always willing to stay after hours to finish work or give an extra hand in order to provide optimal care for her patients. Ashley is helpful and adaptable in the workspace.

### Strengths

Ashley has a good relationship with all the team members and respectful relationships with her supervisors. Ashley is able to adapt to the ever changing environment, be flexible and be where ever we need her to be. She is honest, reliable and eager to learn.

### Further Comments

It's been a great joy to have worked with Ashley, and I couldn't recommend her more.

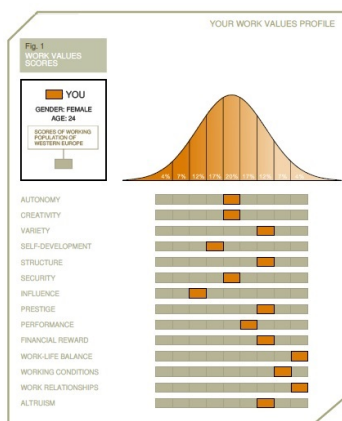
## Work Values Assessment

*The Work Values Assessment measures a person's values helping to determine whether they are happy in specific environments. It measures the importance of the following 14 factors:*

1. **Autonomy:** The ability to choose for yourself what to do and when to do it.
2. **Creativity:** The opportunity to use imagination at work and come up with new and original things.
3. **Variety:** Working on various thing simultaneously or being part of adventurous or exciting work.
4. **Self-development:** Room for the ambition to develop further both professionally and personally.
5. **Structure:** Fixed routines and activities with clear frameworks and timelines.
6. **Security:** Clarity with regards to financial security and prospects for the future.
7. **Influence:** The opportunity to influence others and contribute to discussions that influence decisions.
8. **Prestige:** Work that gives you standing or status in the community. Being held in high regard.
9. **Performance:** The opportunity to demonstrate what you are capable of. Reward and recognition for individual effort.
10. **Financial reward:** The ability to earn a good salary.
11. **Work-life balance:** Striking a good balance between work and personal life. Flexibility regarding work, rest, and holidays.
12. **Working conditions:** Work is done in a pleasant environment under favourable working conditions.
13. **Work relationships:** Having pleasant social contact with nice colleagues.
14. **Altruism:** Helping others through the work you do.

## Work Values

## Work Values Results



Ashleigh scored extremely high on work-life balance. She prefers to a strong separation between her work and private life and does not like her work to interfere with her personal life. Her extremely high score on work relationships emphasises her people-orientation. Ashleigh prefers a work environment where she can build strong relationships with friendly co-workers.





# More about AF

## Career Values

### Value 1

SUPPORT - Thrives when comfortable with the style of management and manager is considerate, competent and fair.

### Value 2

RELATIONSHIPS - Opportunities to build strong relationships with friendly and supportive co-workers.

### Value 3

ACHIEVEMENT - Wants to see results and get a feeling of accomplishment.

## Temperament Typology Explained

Temperament refers to a person's inborn qualities. This assessment measures extraversion on one axis and task or people orientation on the other.

*Leopards (L1) are task-orientated introverts.*

*Lions (R1) are task-orientated extroverts.*

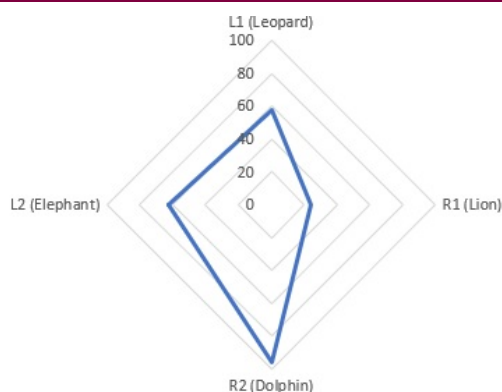
*Dolphins (R2) are people-orientated extroverts.*

*Elephants (L2) are people-orientated introverts.*

## Temperament Typology

Ashleigh is predominantly a dolphin which means that she is people-orientated and extroverted. She is fun and will be supportive, cooperative, and accommodating in a team. She communicates with passion and enthusiasm. Ashleigh tends to avoid conflict and will compromise to accommodate others.

## Temperament Graphic



## Temperament Typology Result

Leopard (L1)	58
Lion (R1)	24
Dolphin (R2)	96
Elephant (L2)	62

