Whichever source of information you use, you should answer the following questions.

What kind of work is done by the IT professional?

I work as a Software developer for a company that caters towards aged care. I am apart of the developers.

The company is small so everyone tends to do a bit more than just what the pure job role is.

In my case it may involve product or feature design.

What kinds of people does the IT professional interact with? Are they other IT professionals? Clients? Investors? The general public?

As I am apart of the dev team, generally when we're not chatting with each other as to how what we're working on could be implemented best, we are talking to our CTO about what the next feature or project that we are to push forward with;

This is usually brought on by requests for new functionality by our existing client or new clients scouting us to produce their next product.

When it comes to entirely new projects, we as the developers (usually one of us), will sit down with the client and our CTO in order to lay out the expected functionality and requirements in order to make a proposal for the estimated time for us to work on the project, as well as how much the project is expected to cost for the client.

The other interactions that go on for the company usually revolve around marketing or interacting with potential clients or investors, something we the developers generally don't participate in.

Where does the IT professional spend most of their time?

While I'm at work, usually I spend most of my time in front of my computer working on new code most of the time, outside of this it can range from bug fixing, feature or product testing, peer programming with others, or brainstorming.

Outside of work, I tend to spend time either doing a bit of extra work on anything that has a soonish deadline, just to make sure things stay ahead of schedule.

Otherwise I'm usually just relaxing, doing jobs around the place or having fun; Be it hobbies, dates or entertainment.

What aspect of their position is most challenging?

Currently the main challenges would probably be the amount of new features that the managers would like to implement vs the code output of the developers, we're trying to keep up as well as make sure that things are as close to bullet proof as they can be before being released in the product.

This also coincides with the fact that we have also taken up new clients recently who are looking to us to develop their products.