Goiânia, September 19th

***Project Draft - Basic One - Ana Flávia Vitor***

**Part 1: Talk About Yourself**

My name is Ana Flavia, I live in Goiânia, I am thirty years old, my birthday is in December. I am tall and thin. I have long brown hair and brown eyes. I am married for three years, I’m the middle daughter, I have one couple of brothers, five nephews and nieces, two boys and three girls, and one more princess on the way, who will be born in February next year. I don’t have children. I love my family. My parents live in Santo Antônio de Goiás, a city next to Goiânia, less than twenty kilometers away.

My profession is systems analyst, and I work at the administrative headquarters of

Caixa Economica Federal of Goiás with development of software. I am graduated in systems information by the university UNIALFA, post graduated in quality and management of software by the university PUC Goiás, and recently completed an MBA in business process management by IPOG.

**Part 2: Describe Your Routine**

I have a very full routine, I work forty hours a week from Monday to Friday. On Mondays, Wednesdays and Fridays I do classes of pilates at 07:00 am and swimming at 07:00 pm. I try to go to the gym from Monday to Friday after work, but I cannot always beat laziness. On Mondays I do a course of theology at 08:00 pm in the church I attend, I am evangelical. On Tuesdays and Thursdays I come to English class and sometimes I go to church at night. On Fridays I like to be with my friends at happy hour. On weekends I usually visit my parents and my parents-in-law. I like to sleep all Saturday morning. Sometimes I play beach volleyball with my friends on Saturday afternoon, I clean the house with my husband’s help. On Sunday I go to church at night.

**Part 3: Analyze Your Skills**

I am shy and very indecisive, I don't like to speak in public and to make choices. I like reading, traveling, being with my friends and my family. I love listening to music and many podcasts too. I like TV series, I enjoy watching videos from various channels on YouTube, since tutorials from makeup and beauty care tips, even financial education channels, comedy and video lessons. I like going to the movies, theater, shows of music, and to the stadium of football with my dad cheer for Vila Nova, I enjoy many sports. I don't like to drive a car, cook, and of other household chores, but I like very much to eat, I like pizza very much, it is my favorite food, and I love ice cream, and I adore hamburger. I don’t like bitter food, detest pequi, and I enjoy barbecue, lasagna and strogonoff. I like all colors, but I don’t have favorite colors.

My main skills are related to technology, I like to help people have a more practical and comfortable life using technology. I like to organize parties, celebrations and meetings with friends and family. I am a volunteer teacher of children in the church I attend,, it is nice to teach them our religious beliefs. I have some team leadership skills, and I seek to develop and improve these skills constantly by reading books on the subject, and by living with people who inspire and motivate me.

**Part 4: Working as a Team**

I like to be with a lot of people, and teamwork for me is gratifying. I believe that together we reach our goals faster and are more assertive. I usually need help conducting meetings with people I don't know, or about subjects that I have no domain, and in activities that require physical strength. I always like to help the people around me, they come to me to help with social networking, mobile apps, and computer programs.

Teamwork is good, and important not only in the corporate environment, but also in all areas of our life, alone we can achieve big goals, but most of the time, with the support of people who love us, inspire us, motivate us and help us these achievements are more rewarding, and may be easier to achieve. Celebrating a victory with a team is better than celebrating a victory alone.

**How can we grow together?**

Learning from each other, being tolerant, patient and accepting the diversity of opinions, dealing with risks, frustrations and evolving with resilience. We must constantly seek to evolve our professional and personal side, not only seeking technical and theoretical knowledge, but align them to the strengthening of our emotional skills, always having empathy and love for to the next, assisting people in their particular difficulties with patience, and having the humility to ask for help when needed, constantly seeking to maintain balance and contentment between body, soul and spirit.

Amazing project! I loved it =)