trigger UpdateProfileOnContact on Account (after insert,after update) {

List<Contact> lstContact = new List <Contact>([SELECT Id, FirstName, LastName, AccountId FROM Contact WHERE AccountId IN : Trigger.new]);

Map<ID, Account> mapAccountIdAccount = new Map<Id, Account>([SELECT Id, Website FROM Account WHERE Id IN :Trigger.new]);

List<Contact> lstContactToUpdate = new List<Contact>();

if(Trigger.isInsert || Trigger.isUpdate && Trigger.isAfter) {

for(Contact obj :lstContact) {

Account objAccount = mapAccountIdAccount.get(obj.AccountId);

if(obj.FirstName != NULL) {

String strFirstName = obj.FirstName.substring(0,1);

obj.Profile\_\_c = objAccount.website + '/' + strFirstName + obj.LastName;

lstContactToUpdate.add(obj);

}

}

if(lstContactToUpdate.size() > 0)

upsert lstContactToUpdate;

}

}