

A week in the life



Audrey Macnaughton, director of HR at training and development consultancy Macnaughton McGregor Ltd, talks us through a typical week.

Monday

The week starts early, with our two-year-old boy up at 5am, which he's taken to doing recently. Once you're up though, you might as well get on with the day so I'm ready before our six-year-old son appears looking for his breakfast and starting to negotiate with me over the Nintendo or CBBC.

I'm running a training course today, which is great. A key part of the job and still one of the things I love about the work I do.

Tuesday

I'm working locally today so I can do the school run, which is a nice way to start the day. I'm doing one-to-one coaching today and using a personality questionnaire called Myers Briggs Type Indicator (MBTI), which really helps managers to find out more about their style and make positive changes to get the best out of themselves and their teams.

I've always said that, in my line of work, it helps if you are genuinely interested in people and are naturally nosy. I definitely have both attributes and working with lots of different people today has meant that I've been in my element.

I'm at an annual awards dinner tonight for the local branch of the Chartered Institute of Personnel and Development (CIPD) and, as I'm on the committee, I need to get to the venue early to help with any last-minute preparations. The whole night is a great success and the awards will really help to push forward innovation and promote best practice in human resources and, of course, showcase all the great work going on in the region.

Wednesday

I'm doing some more one-to-one coaching this morning and the afternoon is spent catching up on admin in the office. I manage to finish work on time and actually have a meal with my husband, Angus, which, during the week, is a bit of a rarity.

Thursday

I start the day with a session with my business coach. The company has gone through quite a bit of growth

and change over the past 12 months and we decided to devote a bit of time and investment on each of the three directors and on our future business plans.

This is followed by a much-needed day in the office. We have a busy month ahead and any piece of planning time is used to the full.

Friday

I have a meeting with a client in the morning to discuss a team-building event. Team building is a topic that needs careful handling. Get it right and it can really help move teams forward and make a tangible difference to team performance, but get it wrong and teams can be left feeling unsettled or demotivated. We have a good meeting and agree roles and tasks to make sure that the planning and communication phase is going to go well.

We have a Macnaughton McGregor board meeting in the afternoon and it's good to catch up with Cherry and Fiona.

Friday nights are great family nights in our house. The boys stay up a bit later and Angus and I have a bottle of wine and a bit of a slob in front of the television.

Saturday

I have a day with the boys as Angus is away to Murrayfield to watch the rugby, another sporting fixture in his diary that he assures me is critical for his business. At least it's not a Jesmond Horticultural lunch, so I might get some sense out of him when he gets back!

The boys and I go to the birthday party of some of James's friends from school and it's lovely to see them all dashing around the soft play. Our two-year-old, Archie, joins in and has a whale of a time.

Sunday

Sunday mornings are pretty busy with swimming lessons for James in the morning followed by his rugby training at Northern.

In the afternoon, I usually manage to get an hour or two up at our allotment and the time spent working on the plot is a great change of pace to end the week.



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