**Information about you to give to your recruiter**

*About you*

* Your current home address.
* Your phone number.
* Your email address.
* Your nationality and VISA information (type and expiry date, if applicable).

*Job requirements*

* The type and level of roles you would consider.
* The type and level of roles you would not consider.
* Salary or rates of pay you have in mind.
* Would you consider contract or permanent roles, or either?
* The types of companies you would like to work for or any companies in specific – family run or global, pharma/biotech/consultancy etc.
* The types of companies you would not like to work for or any companies in specific.
* Your short term or long-term career goals.
* Would you consider relocating? If yes, locations you would consider.
* Commutable distances and times, and how you would commute.
* Would you consider working from home? If yes, how often.

*Current working situation*

* Current notice period and availability.
* Current salary or pay rate and benefits/bonuses.
* How your job search is going so far. Do you have any interviews already linked up?