

YOUR DREAM TEAM

Harnessing the Power of our Personal and Professional Inner Circles

The Four Elements of High-Quality Support:

YOU ARE WORTHY OF SUPPORT

- It is **OK** to ask someone for help.
- Put yourself in a support team member's shoes: Wouldn't you feel bad if they didn't reach out to you in a time of need because they were worried about burdening you?
- Follow the **Golden Rule** regarding asking others for support:
"Do unto others, as you would have them do unto you."

ASSEMBLE YOUR SUPPORT TEAM

- Who are they?
- They all have unique qualities.
- Access all of them with their diverse strengths to form your support team.

UTILIZE YOUR TEAM EFFECTIVELY

- Identify the advice givers, the listeners, the motivators, etc.
- Different situations will call for different members of your team.
- Access those who best meet your needs at the time.

BE EXPLICIT

- Don't ask your support team to read your mind.
- Take the guesswork out by describing exactly **WHAT** you need and **HOW** you would like to be helped.

Managing stress in a functional way often requires high quality support systems. You deserve it. Access your team, identify your support person, and direct him/her how to best meet your needs.

PROFESSIONAL SUPPORT TEAM

In the space beneath each description, write the name of the person in your **professional** life who best fits that description.

Best listener - listens to understand without judgment:

Holds me accountable for my **professional goals** and commitments:

Makes me feel included in the workplace:

Challenges me to grow – I respond well to their feedback:

Introduces me to new upward or sideways **opportunities**:

Shifts my mindset when I am feeling **negative**:

Shifts my mindset when I am feeling **unmotivated**:

Sounding board when I am **in conflict** with someone professionally:

A great **catch-all problem solver**:

Networks and connects me with the right people (kind, supportive, helpful):

PERSONAL SUPPORT TEAM

In the space beneath each description, write the name of the person in your **personal** life who best fits that description.

Best listener - listens to understand without judgment:

Shapes my beliefs and **influences my behavior**:

Holds me accountable for my **personal goals**:

Challenges me to grow and do things I wouldn't normally do:

Relationship advice (with a partner/significant other when in conflict and/or choosing a partner):

Conflict advice (family) – may be situational and dependent on who the issue is with:

Conflict advice (friends):

Parenting advice:

Career advice:

Reduces my stress and anxiety:

PROVIDER SUPPORT TEAM

In the space beneath each description, write the name of the **provider** in your life who best fits that description.

Medical advice:

Legal advice:

Financial advice:

Massage therapist:

Business Coach/Trainer:

Therapist: