

Identifying your support networks

How to use this tool

- Try to identify at least one name for each point.
- Once you have completed the form look at your list of names, who could you contact quickly, who are you reluctant to talk to, is there someone who could help you complete or review this list?
- Try to make contact with at least 3 people from your list. Hopefully this will motivate you to contact more....

Career development

<i>Think of someone who....</i>	<i>Name</i>
Someone who could give you more information about your current career area (if you are planning to continue in your current career).	
Has recently got a new job and can share some job search tips.	
Has knowledge and/or experience of the career area you are interested in moving to.	
Can teach/show you a new skill or help you acquire some new knowledge. (work related or otherwise)	
You view as a good manager who might be willing to mentor or coach you.	

Self Development

Will give you honest feedback about your strengths and weaknesses.	
Has the ability to motivate or inspire you to get on with something you have been putting off.	
You admire or view as successful or contented with their life and who be willing to mentor or coach you.	

Can help you explore your current situation and develop a realistic and creative action plan.	
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Caring for yourself

You can have some fun with.	
Makes you feel good about yourself and your achievements.	
You can you can talk to if feeling disheartened or confused.	

Other

Can answer queries about your current work issues/position at work.	
Has offered help and you haven't taken up their offer	
Someone who could help you complete or review this list	
Add any others below:	