

Mapping Your Support Network



This exercise helps you identify and visualize the key people and resources in your personal and professional support system.

Visual map

Create a visual map of your network of support. Start by listing people who have supported you through past changes – mentors, colleagues, friends – and note how they helped you.

You may write down your answers here.

Support in transitions

Next, identify individuals who can support you in current or upcoming transitions. Think about the type of support they can provide (e.g., emotional, strategic, or operational).

You may write down your answers here.

Strengthen your relationships

Reflect on how you can strengthen your relationships with these individuals. What steps can you take to build or maintain these connections, especially during times of change?

You may write down your answers here.

We then invite you to reflect on this:

a) How can your network of support help you navigate future changes?

b) How can you show appreciation for the support you receive and give back to your network?

You may write down your answers here.