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Improving Our Support When Under the Umbrella:

What's Happening?
What's Not?
What Can be Changed?
How? Why?

What Works the Best for Support?

Offering Support
Receiving Support
Seek the Right Balance

What is Step One?

What is your current support status – offering and receiving?
- Really balanced ...Great, OK, Sort Of, Not good, Terrible...
Unbalanced

Offering Support
Receiving Support
What is My Support Like Now?
Tell Me More About Offering Support …
- What are two things going Great/OK/at least going when offering support?
- What is one thing you wish were different or you want to focus on when offering support?

What Challenges Our Offering Support?
When we can’t identify two positives….

Tell Me More About Receiving Support …
- What are two things going Great/OK/at least going when receiving support?
- What is one thing you wish were different or you want to focus on when receiving support?
What Challenges Our Receiving Support?

When we can’t identify two positives…..

 seekers the Right Balance

What is a baby step we can take to improve our ability to offer support?

Receive support?

- Who?
- What?
- Where?
- When?
- How?
- Why?
- If not this, then what else?

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