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Career Development Coach

Coaching Exercise to reflect on your Network

Different people help us in different ways. Think about the people in your life who help you (friends, family, neighbours, colleagues.) Think about people who *could* help you but you've never thought of them that way in the past.

1. Fill in the names of individuals you go to the different types of help:

Type of help Someone who...	Name of person
I can always rely on	
I just enjoy chatting with	
Makes me feel competent, valued and confident	
Is a valuable source of information	
Challenges me	
Introduces me to new people	
Will help me think through a problem	
Makes me feel positive or optimistic	
Gives me constructive feedback	
Doesn't judge me and is always there for me no matter what	
Just makes me smile or cheers me up when I see them	
Is good at giving me practical help	
Helps me emotionally	

2. Answer the follow up questions below:

What do you notice about your network?

Where do you need to strengthen it?

Who can help you do this?

What actions are you going to take?