



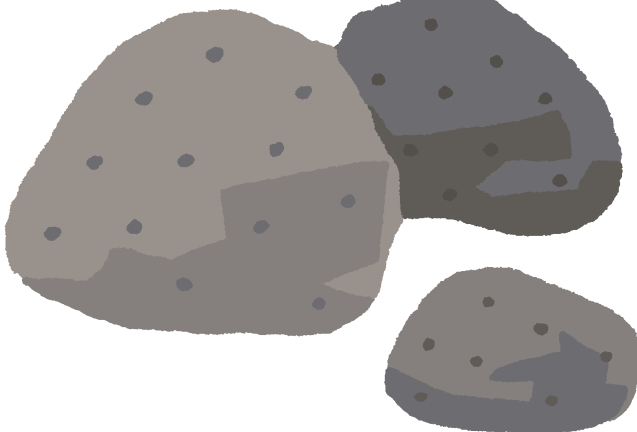
SUPPORT TEAM MAP

M - MOTIVATE ME

# Support Team Map

One of the things we see having the biggest impact on 1% CALMer at work is when people have established support teams in place. Go to people that they trust with whom they can share what's going on for them in the moment. Processing thoughts and feelings with a trusted other person is a powerful way of helping to reset and rebalance for work/life brilliance.

key challenges



Think about the types of challenges you face and whether it's building you up or moving you forward that is most helpful (or both!)



Consider who you think are part of your support team at work and capture their names.



Reflect on whether this person builds you up (support rock) or moves you forward (game changer)



Capture their names in the appropriate section



Reflect on how you might strengthen your support team by developing existing relationships or building up new ones

