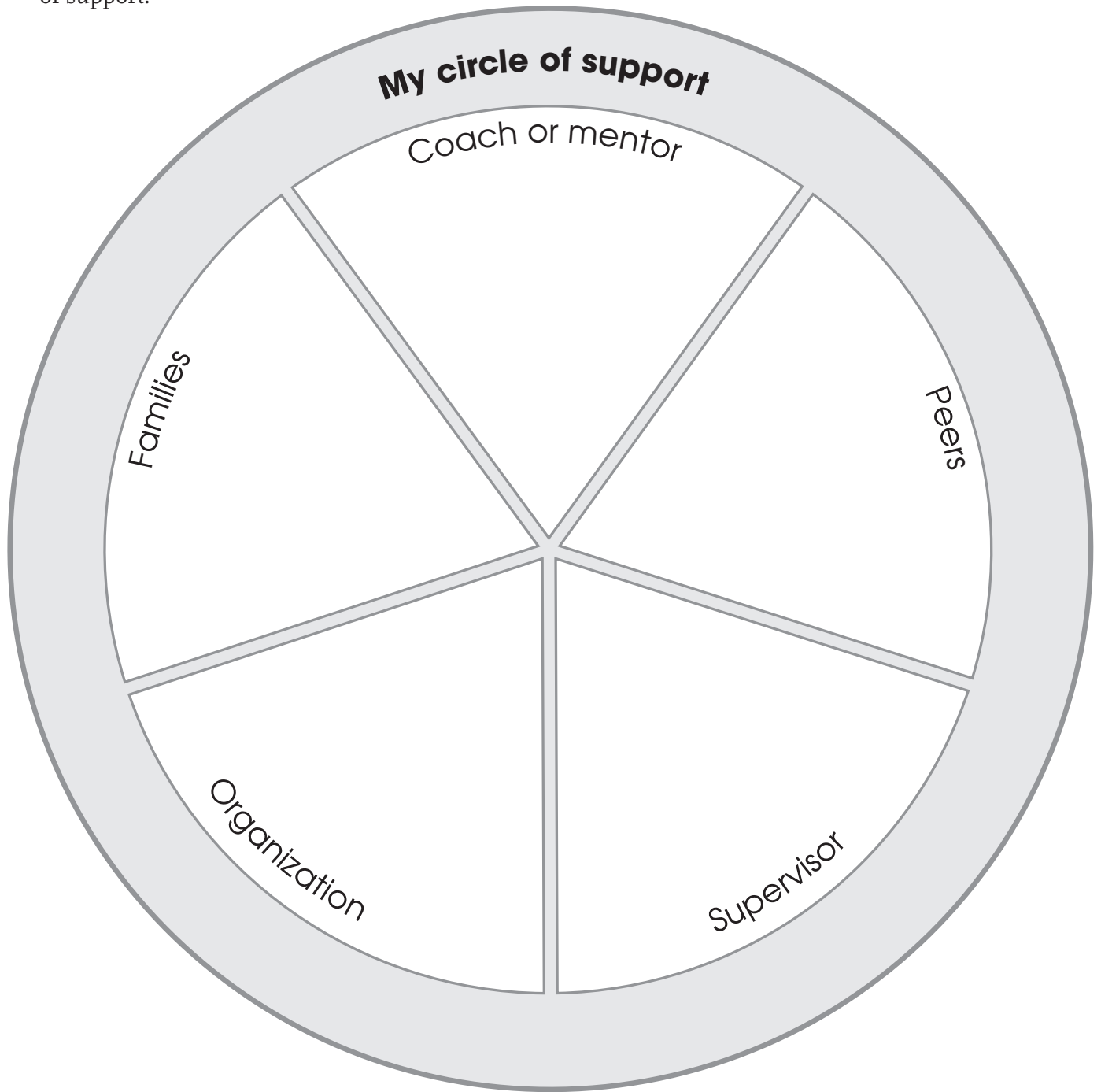


Circles of Support

We all do better when we have support to grow as professionals. Take a moment to reflect on your supports. Work your way through the Circle of Support below and write down examples of each type of support.



Reflect on your supports by answering the following questions:

What do you notice?

Where do you feel you have enough support?

Where could you use more support?

How can you get the additional support you need?