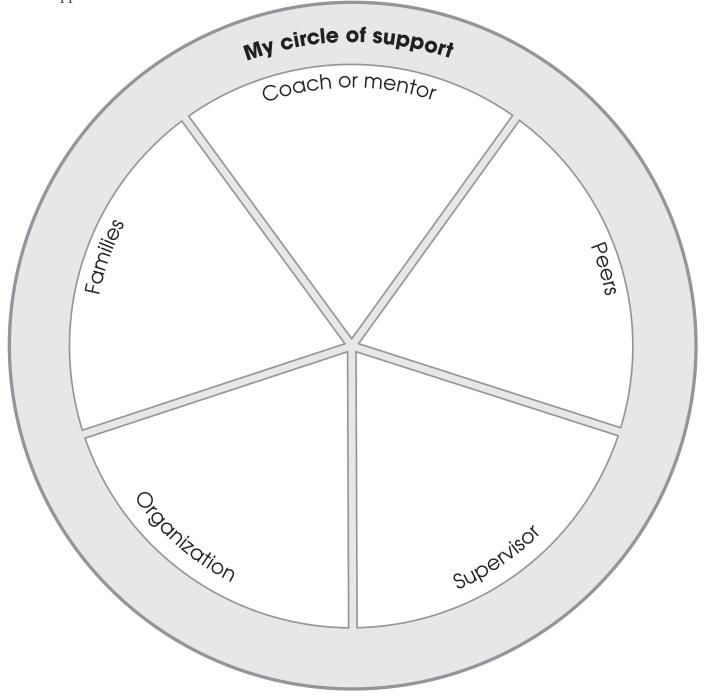
Circles of Support

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.



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Circles of Support (continued)

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?