

THRIVING WEEKLY COACHING GUIDE

Nurturing a Support System for Wellbeing and Performance

MINDSET MATTERS

WITH DR GEMMA LEIGH ROBERTS

A strong support system can improve wellbeing by creating a sense of belonging and connection. When we have a strong support system, we're less likely to feel alone, and challenges feel less daunting.

Sometimes you can be unsure of who is in your support network, or you might feel that you would benefit from a bit more support. You can use the support reflection template to map out your support structure.

Think about who you rely on for support and how that person helps you. You more than likely find you turn to different people for various kinds of support – some people may have specific experiences or a perspective they can share with you, others may be great at listening, some people may offer honest advice.

You might want to consider:

- Family
- Friends
- Colleagues
- People in your local community
- People in an online community
- Mentors
- Coaches
- Health care professionals

Start by noting down all the people who offer you support, and what kind of support they offer. Then, make a note of where you would appreciate more support in your life.

Perhaps you have a supportive family network, but you could do with a workplace mentor to offer advice and experience. Or maybe you have a strong support system at work, but you would benefit from more people around you outside of work to help you deal with adversity.

Once you're clear on who is part of your support network, you can find ways to show your gratitude. It could be a kind message or even acknowledging the support next time you see them. Nurturing supportive relationships can support your wellbeing, as important relationships strengthen and deepen.

When you're clear on where you need more support, you can seek out people to help with that—maybe a coach, mentor, or support group.

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People who offer me support

How these people support me

Areas in my life I'd appreciate more support

How I will build support in more areas in my life