



Exercise: Drawing my network of support

Purpose:

An exercise is an action or activity done once-off with the intention of coming up with insights or ideas that could generate new possibilities that will add richness to your coaching journey.

The purpose of this exercise is to enable you to draw a visual representation of all the various ways in which you currently support yourself.

This will enable you to work with and develop your network of support over time.

Instructions:

Using whichever medium you prefer – crayons, pictures, drawings, Canva – to map out all the different kinds of support you currently have in your life.

Examples can include:

- Family
- Friends
- Supportive colleagues
- Acquaintances
- Knowledge sources
- Systems
- Communities
- Neighbourhood

Network of support:

Consider who you might wish to approach to support you in doing this exercise – someone at home or at work?