

Support comes in many different forms

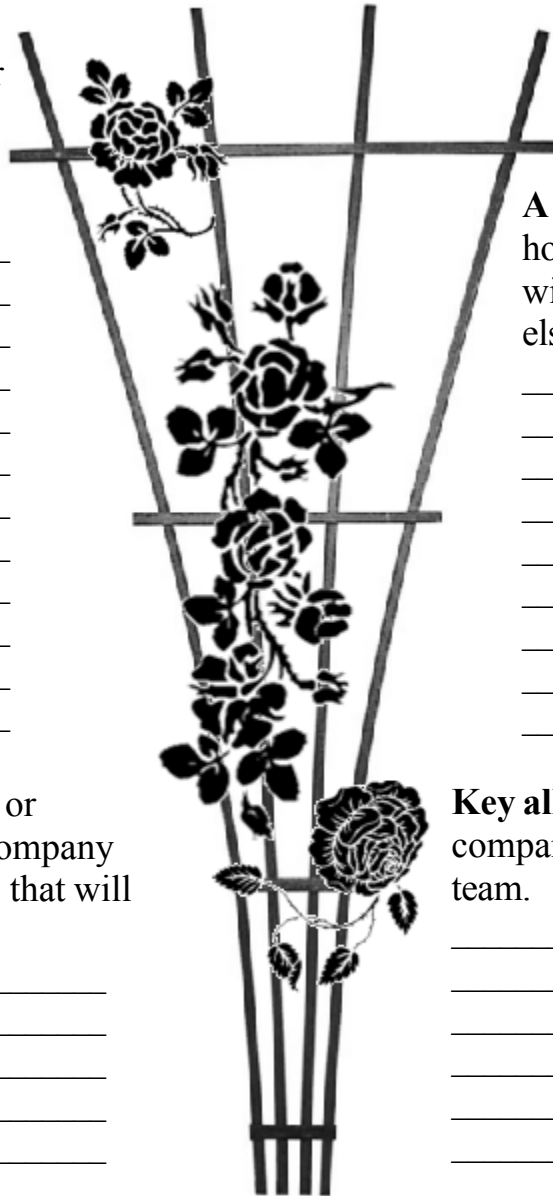
(adapted from *Finding Joy In Your Job*, © 2007 by Pat Healey)

In addition to your team members (who should always be available to assist you) there are likely other people in your life, both within and outside your company, who could be of help to you in your career. Time and again, successful women in business reveal that having a mentor made all the difference. Often, what you see, you imitate, and what you imitate, you become. The higher your aspirations are, the more you'll benefit from knowing someone who's been there and done that. A good mentor can teach you how to land an assignment you want, what to do when you meet bias, or how to get people who can help you on your side. She could also show you how to build your professional credibility and take charge of how you're perceived.

In the space below, note people you can count on—or would like to be able to count on—for support, including why you think they could be important to your career and how you plan to contact them.

A mentor: someone inside or outside your company who can lend perspective and wise counsel.

Resourceful people: friends or acquaintances outside your company with connections to resources that will advance your career plans.



A role model: someone who holds a similar position, either within your company or elsewhere.

Key allies: influential people in your company not on your immediate team.

Trellis of Support