

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Building A Support Network

GIVING & RECEIVING SUPPORT

Building a support network in the workplace can take time. To start, consider where you could give and/ or receive support today. Overtime, this practice will enhance your sense of community in the workplace.

- 1 Close your eyes and call to mind 5 people you work with. If you work in a smaller company or on your own, envision clients or customers that you serve.
- 2 Witness each person embodying their true essence. Try to leave aside any opinions or judgements you may have about these people.
- 3 Recognize you are connected to each one of these people and that you will thrive when you each feel supported and cared for. then, ask yourself:
 - *Could any of these people use my support today?*
 - *How could I best support them?*
- 4 Next, call to mind something you could get help with today or this week. Then, ask yourself:
 - *Who can I seek support from in my organization?*

If there is nothing you currently need support with, spend a bit more time with step 3.

As you step into your daily interactions, offer support where it's needed and where you're able to. Equally, try asking for more support where you need it.

THE DANCE OF RECIPROCITY

Networks and communities thrive when there is a dance of reciprocity. Strong communities are built on mutual support and collaboration.

Consider whether you give and receive in equal measure.

- Are you generous with your time and skills?
- Are you willing to receive help from others?

Sometimes we give more than we receive or vice versa. Allow yourself to benefit from both.



There is a lot we can do on our own, but recognizing our place within greater community can increase contentment, resilience, and ease. Building a support network for ourselves at work reminds us we're never alone.

"If you want to go quickly, go alone. If you want to go far, go together." – Unknown