



Renée Trudeau & Associates

Advocates for Balanced Living~
Coaching, Training and Workshops

Building Your Personal Support Network: Getting Started

For peace of mind, we need to resign as general manager of the universe.
—Anonymous

Exercise: Draw a large circle and visualize yourself standing in the middle. Divide your circle or “support wheel” into four categories: self, work/community, family/marriage and household. Create your personal support network by filling in the four quadrants as needed. (Refer to the list below for ideas or come up with your own list.)

A few things to keep in mind when creating your support network:

- Everyone’s support system will look different; this is about what **you** need to feel fully supported where you are right now.
- Your support system will change depending on your life stage, current needs and the age of your children and parents (if you’re involved in their care, as well).
- Choose friends/colleagues whom you admire for their experience/insight and enlist the support of those whose lives reflect the values/beliefs you admire.
- Your support system may/may not include your family—they are only one of the many resources listed above!
- Consider how you want to turn this support wheel into something you’ll use every day (a list of phone numbers you keep at arm’s reach, a visual chart on your bulletin board in your office or kitchen, etc).

Your personal support system is not limited to, but may include:

- ✓ Professional/personal mentors
- ✓ Professional development and networking organizations
- ✓ Professional or skills-based teachers, instructors or trainers
- ✓ Work/life balance, business or career coach
- ✓ Professional peers/colleagues
- ✓ Friends with kids and friends without kids
- ✓ Neighbors
- ✓ Play groups or social groups specifically for parents
- ✓ Parenting education groups/activities/instruction/support (like For Kid’s Sake in Austin, TX)
- ✓ Babysitting Co-ops (start one in your neighborhood)
- ✓ Child care providers (facilities, home-based, babysitters, etc.) and pediatricians
- ✓ Social groups; creative or book/hobby groups

- ✓ Therapist, counselor, and/or support groups (12-step and others)
- ✓ Spiritual mentors/groups or community
- ✓ Financial consultants or advisors
- ✓ Online support communities, teleclasses, etc.
- ✓ Family members
- ✓ Meal Co-ops (start one in your neighborhood) and meal delivery programs
- ✓ Personal concierge or errand service
- ✓ Home care/cleaning and yard care help
- ✓ Bodywork and health specialists (physicians, chiropractors, acupuncturists, menopause/hormone health specialists, nutritionists, personal trainers, massage therapists, etc.)

Copyright 2007, *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life* by Renee Peterson Trudeau

www.ReneeTrudeau.com

www.careerstrategists.net

512-459-6700