



# CoachingHer

## Lesson 7 – Worksheet Networks & Support Systems

1. Who is currently part of your support network? (e.g. family, friends, neighbours)

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2. In which situations have you recently received support?

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3. Where would you like more support?

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4. What additional facilities or groups could you use?

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5. What hurdles do you see in networking – and how could you overcome them?

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6. What is your goal for the next few weeks in the area of networking and support?

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