

BUILD YOUR OWN 'SUPPORT TEAM'



Leading a remote team through a period of unprecedented change and uncertainty can be tough. To help you avoid feelings of isolation, stress, strain, overwhelm or burn-out, prioritise some time to create your 'Support Team'.

Think about the following groups of people in your network. What do you pull on them for and how can they support you at this time?



RADIATORS

People who give you comfort, who you can 'sound off' to, who are on your side and boost your confidence.

ROLE MODELS

People who you admire and who have achieved what you want to achieve, what can you learn from them? What advice could they give?

PEOPLE WHO CAN HELP YOU

People who have information or skills that can help. They may be internal or external. Think about your wider network of contacts.

NO-NONSENSE 'KICK IN THE PANTS' FRIENDS

People who will tell it like it is and give you a short sharp talking to if needed.

Make a note of those people. A call with one of the above can help you to offload, refocus and move forward. If you have gaps, give some thought to who could fill that spot.

Your team may also benefit from giving this some thought. Why not ask them to think about their own 'support team' and share how they found the task with you?