

Who is in *YOUR* Supporting Cast

Personal Board of Directors

A diverse group of people you reach out to for advice, feedback, and insight. An informational powerhouse to lean on as you advance your career and passions in life. No meetings necessary [they may not even know you or their role].

BOD Role	Who does/could do this for you?
<input type="checkbox"/> The Cheerleader : <i>Lifts your spirits; champions you</i>	
<input type="checkbox"/> The Moral Compass : <i>Guiding light; reminds you of your core values</i>	
<input type="checkbox"/> The Confidante : <i>For venting; for listening</i>	
<input type="checkbox"/> The Critic : <i>Challenges you; tells it like it is</i>	
<input type="checkbox"/> The Expert in Your Specialty : <i>Your go-to for resources</i>	
<input type="checkbox"/> The Person Who Knows How to do the Thing : <i>Can always answer, "How would I...?"</i>	
<input type="checkbox"/> The Aspiration : <i>The person you want to be when you grow up</i>	
<input type="checkbox"/> The Peer : <i>They are where you are</i>	
<input type="checkbox"/> The Connector : <i>They introduce; they make connections</i>	
<input type="checkbox"/> The Sponsor : <i>They put your name in (awards, jobs, and more)</i>	
<input type="checkbox"/> The Mom : <i>Love you; want the best for you</i>	
<input type="checkbox"/> The One with the Good Advice : <i>Give great feedback; are honest with you</i>	
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	

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Four Key Relationships



MENTOR

- Provides advice and guidance based on his or her own expertise or experience.
- Usually in the same field or followed a similar career path.
- Provides direction, answers, opinions
- Assists with networking and making valuable connections.

How would this relationship support your current needs?

What types of things would you discuss?

Who might be an ideal mentor?



COACH

- Elicits solutions and strategies from coachee
- Not necessarily in the same field
- Tends not to offer opinions/answers
- Asks powerful questions facilitating discovery, awareness and insight.

What are example issues you would like to work through to advance in self-awareness, self-learning, and relationships?



CURBSIDE CONSULTANT

- Provides strategies and suggestions
- Makes connections
- Assumes they know the solution better than the other person

When have you used this type of relationship in the past?

Who are your 'go-to' people and for what support?



THERAPIST

- Diagnoses problems
- Supports through trauma
- Focus is on pain, dysfunction, and healing