

CREATING YOUR MUTUAL SUPPORT NETWORK

The two key attributes you need from members of your team are **trust** and **flexibility**:

1. **Can you trust them when things get hard.** So the question is: do I mind losing face to them? Can I live easy with them knowing my shortcomings.

CAUTION: Some people may assume that you trust them to help, but, in fact, you aren't sure. **So you may want to do this exercise by yourself.**

2. **Flexibility: Of those you trust, whose advice and support do you find useful? Who is flexible and able to handle unclear situations (and doesn't immediately launch into "This is what you should do")?**

It may help refresh your memory if you get out your address book.

- Don't just think of family members.
- The members of your team don't have to like each other, though that helps.
- The members of your team don't have to know each other.
- It helps if they're local so that you can meet them; but, in the age of the mobile and e-mail, it's not essential.

You can usefully repeat this exercise every few months to see if your mutual support network could include people you have met since you last did this exercise