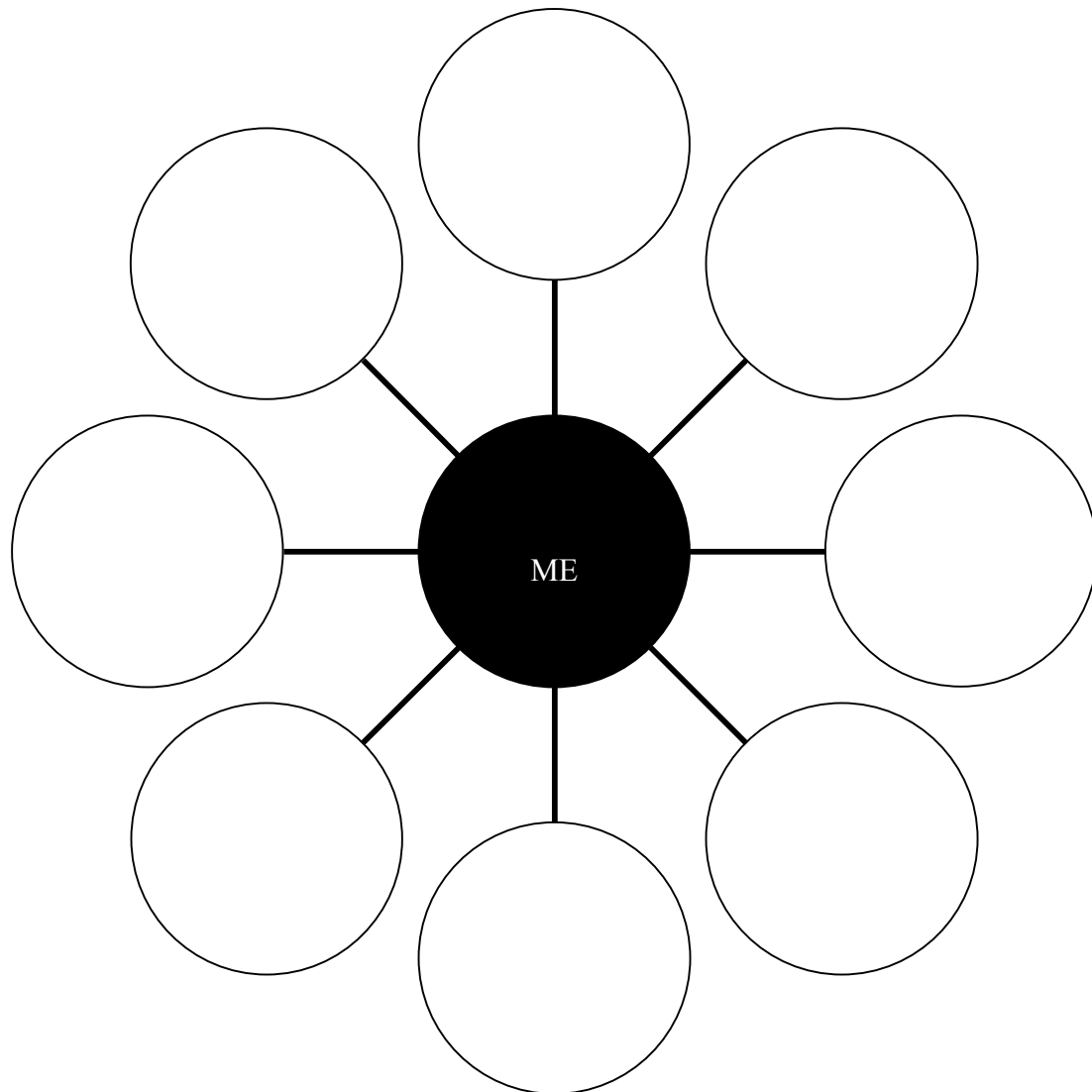


REACHING OUT CIRCLE



Questions to consider regarding your Reach Out circle:

- What does each person in my circle contribute to my wellbeing or ability to be resilient (i.e. what are they good for?)
- Who is in my immediate circle that I spend a lot of time and energy on, however they are not good 'reach out' people? Should I still nurture these relationships?
- Who is a good person for me to reach out to who I perhaps take for granted or do not spend a lot of time and energy in nurturing the relationship?

Source: International Resilience Institute Sydney... www.IRISconsulting.com.au