MY SUPPORT NETWORK MAP

Mapping the People and Organisations Around Me

Mentee Name: _____

Date: _____

Instructions

Think about the people, groups, and organisations that could support your personal, professional, or business development.

Family Support

Who in your family can support you?

Name	Type of Support

Friends and Personal Network

Name	Type of Support

Professional Contacts

Person / Organisation	Type of Support

Community Organisations

Organisation	How Can They Help?

Local Opportunities

What opportunities exist in your community?

- ☐ Training Courses
- ☐ Local Events
- ☐ Business Networks
- ☐ Women's Organisations
- ☐ Volunteer Opportunities
- ☐ Funding Opportunities
- ☐ Other: _____

Reflection

Who is one person I can contact this week?

What support do I need most right now?