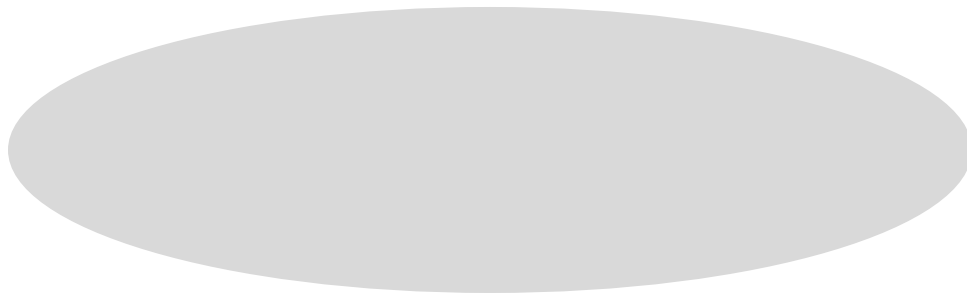




ENABLE EXERCISE #1

My Professional Board of Directors

Research shows that organizations and people perform better in environments where they are supported and encouraged. The stronger our relationships are, the greater strengths become and the more value we add to our organization. Imagine the table below as your very own Board of Directors. Put yourself at the head of the table and write the names of people you would like to be sitting around the table guiding, supporting, and helping you with your life and career (e.g., mentors, career coaches, wellness coaches, peers, family members, community members, etc.).



1. Do the people on your Board of Directors know they are members?

2. Would the people that you work with put you on their Board?

3. Who isn't on your Board that perhaps should be?

4. What makes these relationships successful?