



Creating a Professional Support System

We all understand the importance of a personal support system. As individuals, we must have key people to help us navigate the pitfalls of life, to support us through challenges, and lift us up. These are the people we celebrate with, we mourn with, and we seek advice from.

As professionals, many of us forget to take the time to develop a professional support system. As important as our personal support system is, oftentimes this group cannot help us through professional challenges as well as a professional support system can. Having a well-defined and developed professional support system will ensure we have the support needed to navigate the challenges of advancing our careers.

A good professional support system should have the knowledge and skills to support you through struggles, help you to navigate difficult situations, and have connections to help you advance your career. When building your professional support system, seek people who have already achieved the goals you are striving to meet. Look for people who will push you, inspire you to be better, and will challenge you to grow.

A good professional support system will have professionals from a variety of careers. Never look at a career as below you or think you cannot learn something from someone. Retail store managers have developed their de-escalation skills and have the ability to have difficult conversations all day. Construction workers understand the need for a well-developed plan which allows for modifications on the go. You can learn something from every person you meet.