

# TRUE NORTH By Bill George with Peter Sims

## ***Chapter Seven Exercises: Building Your Support Team***

After reading Chapter Seven, this exercise will allow you to prioritize the important relationships in your life today and the kind of support team you would like to build.

- 1. Current and Past Relationships: Make a list of the most important relationships in your life, right now and in the past.**

What is your most important relationship?

Why is this person important to you? In what ways do you look to this person for support?

- 2. Your family of origin:**

What role has your family of origin played in your life, and specifically in your development as a leader?

**3. Relationships with teachers, coaches, or advisers:**

Have you had a particular teacher, coach, or adviser who has been influential in your interest in leadership and your development as a leader?

**4. Mentors:**

Who are the people who have mentored you in your leadership development?

Which mentors have been most important in your development as a leader?

In what ways have they helped you develop?

How have you helped your mentor and built a two-way relationship?

What more can you bring to your mentoring relationships?

**5. Friends:**

In what ways have your friends helped you become a better leader?

Which of your friends could you count on if things did not go well for you?

Do you have friends with whom you can share the challenges you face openly? Can you give each other honest feedback?

Describe a relationship that has been mutually beneficial to you over an extended period of time. What qualities did you bring to the relationship that made it meaningful and enduring?

Describe a relationship that did not work out for you, for which you feel some degree of responsibility. What would you do differently if you had the opportunity to do it over again?

**6. Personal support group:**

Do you have a personal support group? If so, what is its value and meaning to you and your leadership?

If you have never had such a group, would like to form one? If so, what kind of people would you like to have in your group?

**7. Professional support network:**

Do you have a professional support network or would you like to build one?

What would such a network look like for you?

Who are some of the people you would like to have in your network?

**8. Personal board of directors:**

Would you like to create a personal board of directors? If so, what types of people you would like to have on your board?

Who specifically would you like to be part of your board?

How would you use your board? What would you contribute to your board members?