LEADERSHIP AND COACHING APRIL 2025 WORKSHOP

Equipping and Supporting Others at Work

GIVING AND RECEIVING HELP

Knowing when to ask for help and how to offer it is essential for both personal well-being and the collective thriving of a community. Seeking help when needed is not a sign of weakness but an act of self-awareness and strength, preventing burnout, fostering resilience, and allowing us to grow by learning from others. At the same time, offering help should give us an opportunity to support others without depleting ourselves. This roundtable discussion featured insights from giving and receiving help experts **Drs. Silvia Bonaccio, Louis Tay, and Jennifer Dobbs-Oates.**

TAKEAWAYS

Asking for help is not a sign of weakness or lack of knowledge, and having boundaries to offer help is not an issue.

Building trust with my supervisor so I feel better able to ask for help. HELPS Model: Helpful, Enjoyable, Lessens, indePendence, Safe.

Asking questions to lead students to their own conclusions and it's not just up to me - I can offer other resources and ideas.

Consider offering: "Would it be helpful if I share...?" or "Are you looking for solutions now or just a listening ear?"

Clarify what kind of help is needed, what the goals are, and if someone is just venting, especially before offering unsolicited help.

How I might learn to ask for help from others by being specific regarding my needs.

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