



Why Seeking Support is
Your Greatest Strength

What are you struggling with but you're not being open about?

Motivation for a few things in my life

I'm terrified I'm going to live with regrets and struggling to find direction.

Adjusting to a 'new normal'

Drinking too much

Anxiety

My identity, who am I truly? worries about future

Grief

Lack of confidence in my work

Anxiety



What are you struggling with but you're not being open about?

Figuring out my sexuality whilst in a relationship

Panic attacks

Loneliness

Family circumstances

My mental health and relationship with anxiety and depression. It's affecting both my work and personal life

Money stress

Anxiety

Trying to cope with delivering work in new role and managing work load

Feeling overwhelmed

What are you struggling with but you're not being open about?

out of my depth at work

Bullying in the workplace

Grief

Getting pregnant

Future Career

Work

Motivation

Feeling included and trusted

Feeling quite anxious.



What are you struggling with but you're not being open about?

Worry about my health

Money

Anxiety over being everything for everyone

Parents not accepting my girlfriend because she's a different race

Pandemic related anxiety and depression

Accepting that I have anxiety

Money worries

Money worries

Marriage



What are you struggling with but you're not being open about?

Sense of a lack of trust from leadership group in team

Ability to cope with all demands put on me

A bad breakup. I haven't told anyone at work and the grief is overwhelming

very black thoughts. Incredible procrastination. Ongoing impostor syndrome. Huge frustration with workload that I can't resolve. Anxiety leading to huge sleeplessness

A friend committed suicide last week

Too much work

Divorce

My workload

Relationship issues

What are you struggling with but you're not being open about?

Binge Eating Disorder

Just completed on my first house and I'm worried about bills now I'm on my own.

insecurity

Impostor syndrome

Daughters autism and mental health and mine trouble with relationship with husband

Lack of motivation

My family's mental health and how to cope with that

Motivation

Potential to move to new firm

What are you struggling with but you're not being open about?

completely unable to switch off

Lack of motivation and direction

Imposter syndrome

Adjusting to the demands of a new role and not wanting to appear that I don't know what I'm doing or that I'm not capable

Fear of failure

Grief

Lacking self confidence and experiencing imposter syndrome

Imposter syndrome

A lot of responsibility as a junior team member and a struggle to juggle my workload. Overwork at home due to lack of support/help from my partner, and it's impacting our relationship.

What are you struggling with but you're not being open about?

Post natal depression

Dealing with the death of my dad and also caring with my mum after a dementia diagnosis

Guilt from my father dying 2 years ago.

Loneliness

Feeling constantly flat and unmotivated but trying to hold everyone else together

Feeling more lonely now we are coming out of lockdown than I did in lockdown

Anxiety about family and society return to normal. And feeling inadequate in my life.

My happiness and fed up I am with my life.

Declining fertility and whether I can have children still



What are you struggling with but you're not being open about?

Anxiety & Stress

Really struggling with my Husband's health - terrified at times.

My salary

Being not entirely happy but can't admit it to family as they would be sad that I am not able to let go of the people who make me unhappy

Debt

Home working has lost all time boundaries

Being weak and vulnerable

Relationship problems as recently my husband been doing micro agressions .Estranged relationship with my brother and trying to see and forgive him perhaps

Imposter syndrome

What are you struggling with but you're not being open about?

Marriage stresses after a year at home

Anxiety post covid

Sharing children with ex husband

False accusations that have dragged family's name through the mud - impact on mental health resulting in medication / counselling

Trying to look after my family where others aren't stepping up

Asking for help - I can't manage my home, family and work.

The impact of my disability on my mental health, especially during this time.

Trying to work out what is next for me and unhappy with the status quo

Being a carer for a parent who is a challenge to look after

What are you struggling with but you're not being open about?

Struggling at work, loss of confidence, impact on whole life and self image/ability to cope.

helping my children to launch

Secondary infertility

Frustration with the direction and impact of my team at work

My line manager is an aggressive bully

Health

not telling anyone about the negative impact of my manager's behaviour towards me.

Burdening other people

Afraid I won't be heard

What are you struggling with but you're not being open about?

Perception

Shame and being judged

Fear & judgement

Showing vulnerability

Sense of disinterest from others

Makes me feel vulnerable to ask for help

Fear, and negative reactions

Fear

ego



What are you struggling with but you're not being open about?

Anxiety

People thinking badly of me further affecting my self worth.

Panick

Upsetting others

Others not understanding.

Happy

Quite good actually

My sister & closest friends

Trusted colleagues



What are you struggling with but you're not being open about?

Despite my anxieties calming down, my coping mechanisms are going crazy

Feeling alone although I am surrounded by family and friends

Anxiety about lockdown ending and the expectations of more social interactions.

Imposter syndrome- that following a return from maternity leave, I am not as good at my job anymore (feeling a loss of knowledge)

Tearful all the time

My vulnerabilities in everyday life, that I need more attention and love

Health/ wellbeing - time to focus on being healthy

Burnout and workplace bullying impacting me

Work & the constant pressure of feeling like I am failing.

What stops you asking for help?



Who do you turn to for advice?

Mum

My sister.

Husband

Wife - pastor - counsellor

Therapist

People manager

Friends

My boyfriend

Family

Who do you turn to for advice?

Husband

Parents

Friends

Parents

My partner

Boyfriend

My mum

No-one

Husband

Who do you turn to for advice?

My best friend

Partner

My two best friends

Husband

Partner

Friends

Boyfriend

My partner

People manager



Who do you turn to for advice?

Friends

My boss

Parents

Close friend

My partner

Sister

a couple of trusted colleagues

People manager, my partner, my Mum

My wife

Who do you turn to for advice?

Husband

Mum

Professionals

Partner

My friend

Friends

Family

Family or a close friend

Good friends

Who do you turn to for advice?

no one

My partner

Parents

Parents

Parents and boyfriend

No one!

Best friend

Myself

My husband



Who do you turn to for advice?

pep talk myself

Girlfriend

Friends

Parents

Husband

Husband, close colleagues, sister

Friends

Friends/family

Best friend

Who do you turn to for advice?

Husband, mother

Nobody

Husband

Friends and family

Close Work Colleague/Family

My close friend and mum

Best friend

Friends

Finance

Who do you turn to for advice?

I turn to my family and very close friends who I know are trustworthy.

Trusted friends and relatives

Sister

Family

Trusted colleague. Husband. Friends.

My sister & closest friends

My therapist

My partner

My sister at mo, but I try not to too much, as think she may get fed up with me

Who do you turn to for advice?

Friends

External counsellor.

Find it very hard to find someone

Difficult to talk to someone here

Husband

Fiancée

I ask for advice in Instagram - less awkward than reaching out to individuals

My GT people manager (but because I trust them) I've had other PMs I wouldn't trust

Partner or friend.

Who do you turn to for advice?

i'd love a therapist, they are just so expensive

I would like to have someone I could turn to at work, but don't.

Husband

What formal support do you receive / give?



I have a mentor but don't mentor others



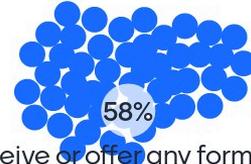
I don't have a mentor but mentor others



I both mentor and have a mentor myself



I am in a mastermind group or action learning set



I don't receive or offer any formal support

'A powerful and
provocative book'

Dorie Clark, author of *Reinvesting You* and *Stand Out*,
and executive education faculty, Duke University
Fuqua School of Business

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ANDY LOPATA

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