

My Social Support

Fill in each of the boxes below with the people you rely on to support you in each of the four sections of this page. Consider who in your life at work or elsewhere fulfills each of these roles. You may use the same name in multiple areas of support.

Informational Support

Provides advice, suggestions,
and information

Appraisal Support

Provides information that is useful
in self-evaluation

Emotional Support

Provides expressions of empathy,
love, trust, and caring

Instrumental Support

Provides tangible aid and service



Strengths Life



Find your Work-Life Integration

HR PROFESSIONAL DEVELOPMENT