



I M Δ G O

Welcome



# Why Build a Support Network: An Interactive Mapping Journey

November 30th, 2023

**Building Better Humans for our Workforce & World**



**GRATITUDE**

**OUTCOMES**

**AGENDA**

**TIME**

**RULES**

**AGREE**

**CLARITY**

**EXIT**



- Understand How to Create a Support System
- Begin to Create a List of Support Options

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EXIT



- Stoking
- Define Support
- Types of Support
- Fill in Support Network
- I Δ O

I M Δ G O

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CLARITY

EXIT



45 mins

## I M Δ G O

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EXIT



- Participation is energizing
- Embrace the awkward
- Share what you are comfortable with
- Have something to write on and with

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## I M Δ G O

GRATITUDE

OUTCOMES

AGENDA

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AGREE

CLARITY

**EXIT**

# Stoking Activity

Name the  
Song 🎤

I M Δ G O

1.



2.



3.



4.



5.





# Who is IMAGO?

30,000 ft view

## Who We Are

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Lifelong learners,  
creators, shenanigators

## What We Want

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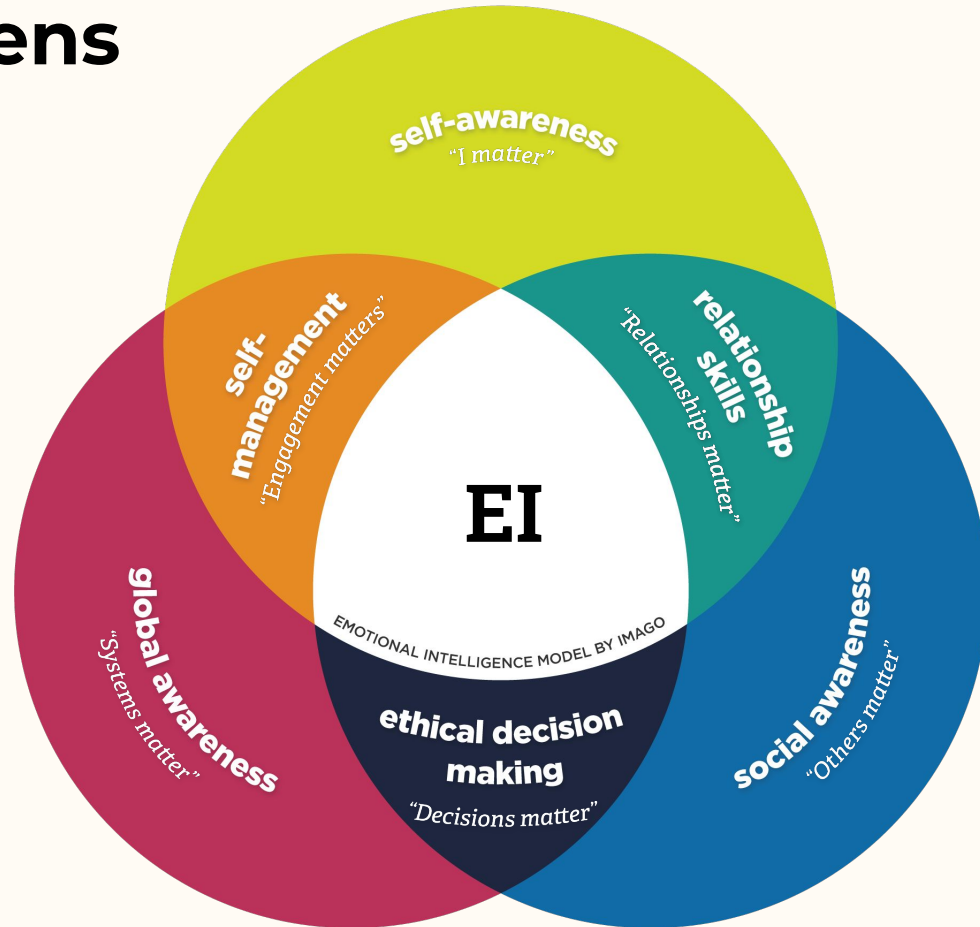
Expand our human  
potential to be more  
engaged, adaptable, and  
creative in all aspects of  
life

## Why It Matters

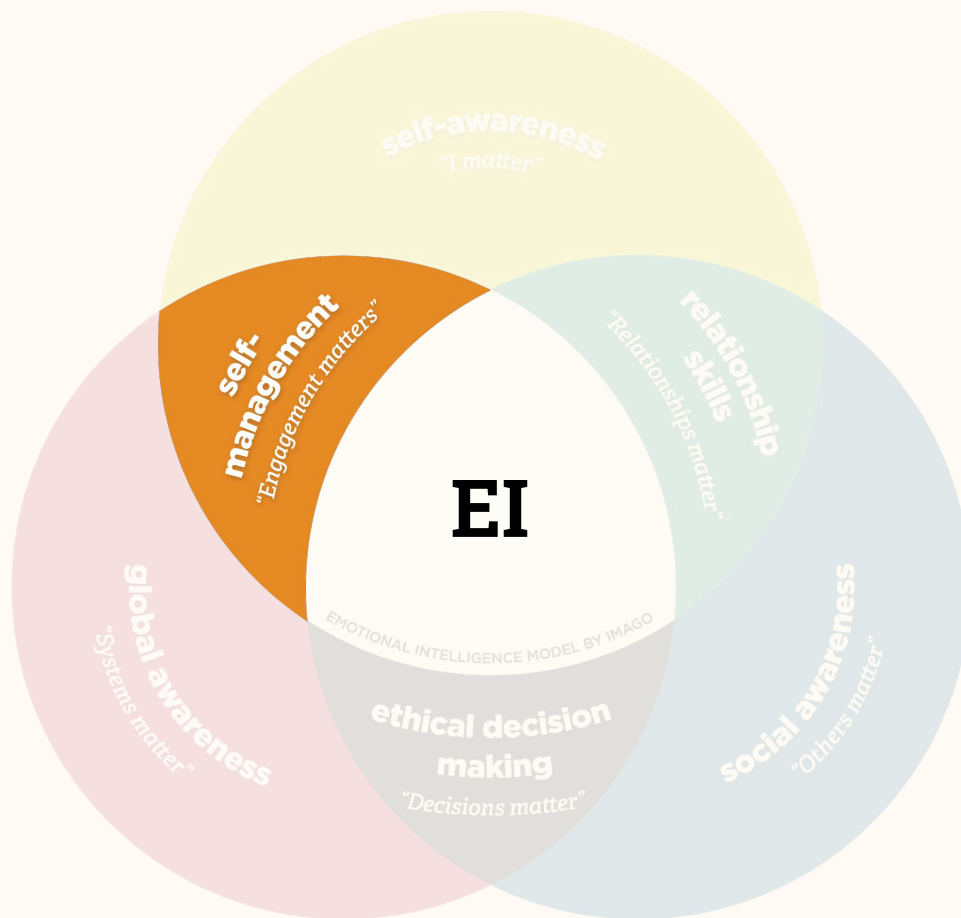
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Engaged and fulfilled  
humans are better  
prepared to take on  
complex challenges in  
our world

# Imago's Lens



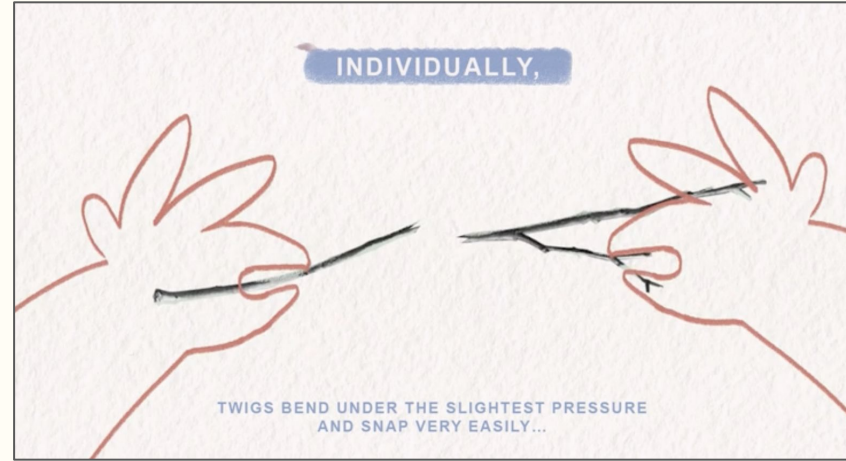
# Today...



# How would you define:

Support

Support Network



# How do you feel when:

You give?

You receive?



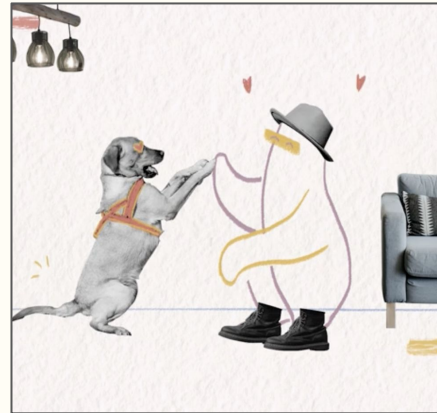
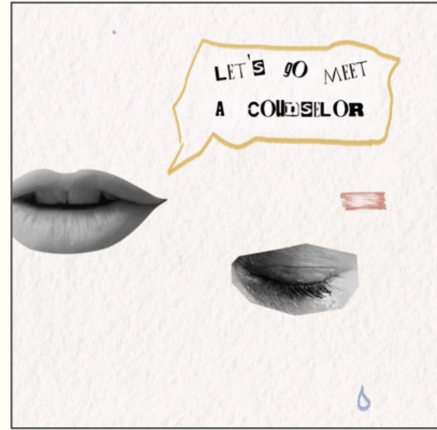
# 4 Types of Support:

Informational

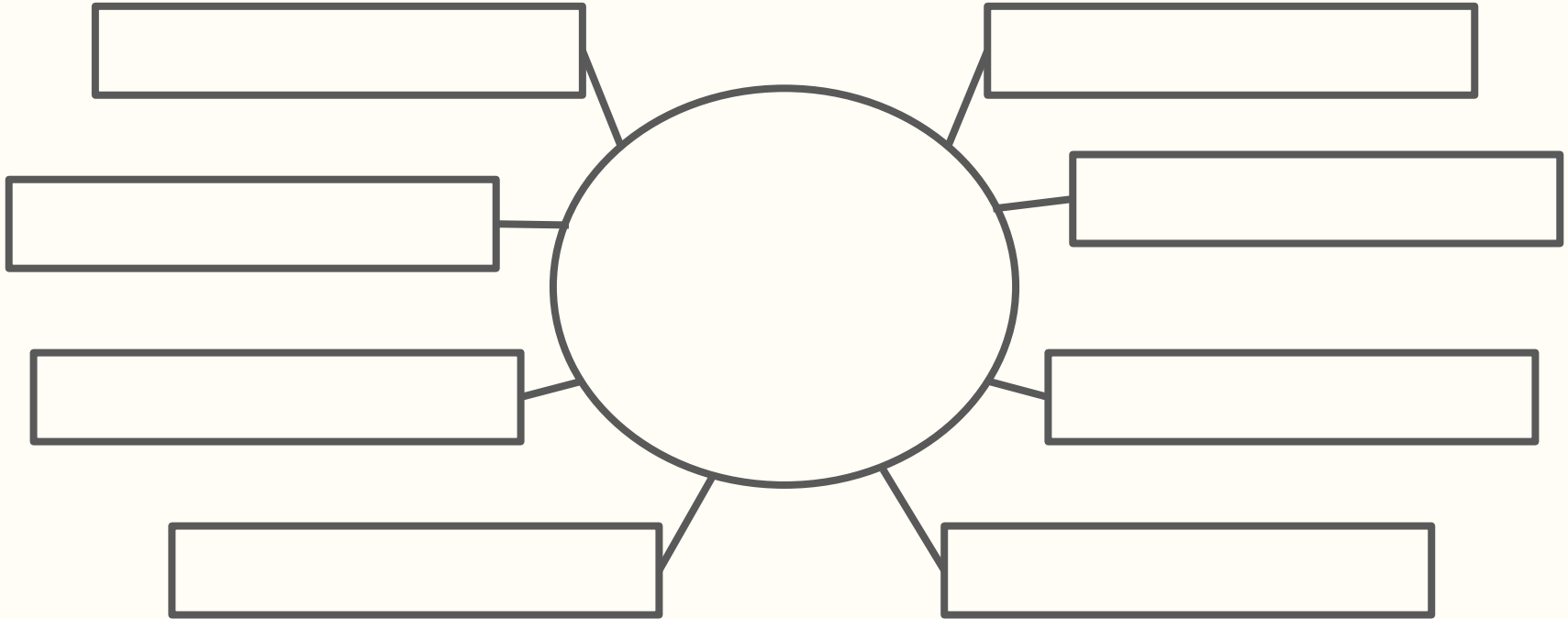
Instrumental

Emotional

Appraisal



**Now let's draw!** (5 mins)



Types of Support:

Informational

Instrumental

Emotional

Appraisal

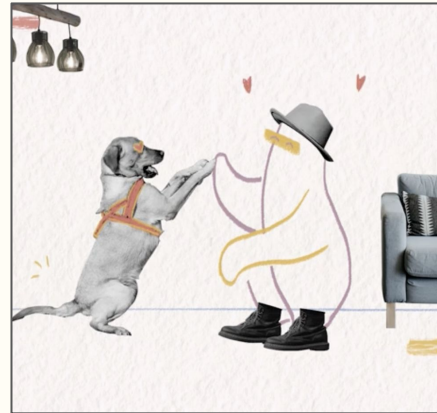
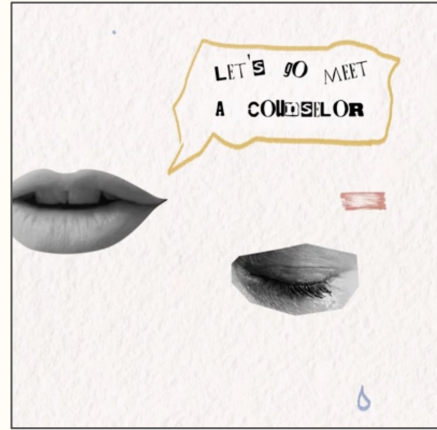
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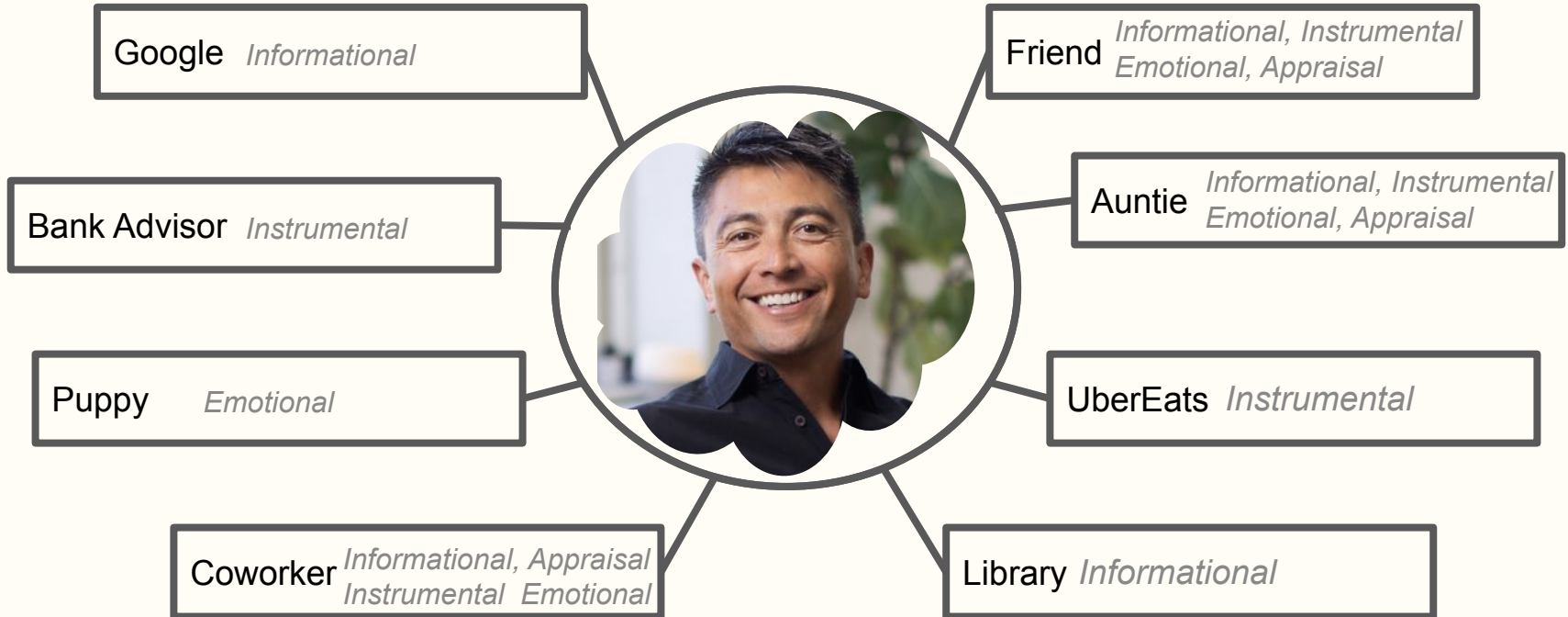
Instrumental

Emotional

Appraisal



# Types of Support



# Reflect & Share

Who might you add?

Which do you have the most of?

Is your network diverse in representation?

Table Talk (5 mins)

Share out



# Gaps are ok!

If you have open sections, who might you add?

Share out



## How to Grow Your Network:

## Reaching out first

## Joining a new group

# Being patient!



# Application

How and where can you use this?

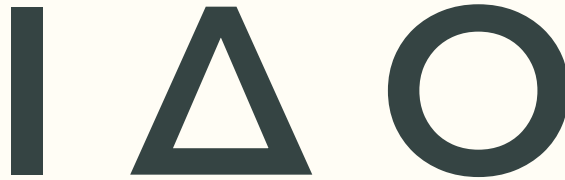
Where would you be included in someone else's map?



In the IMAGO Platform:



# Mentimeter



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# Creating Support

## Signature Strengths BINGO

Curiosity	Love of Learning	Judgement	Ingenuity	Social Intelligence
Perspective	Valor	Perseverance	Integrity	Kindness
Loving	Citizenship	FREE SPACE	Fairness	Leadership
Self Control	Prudence	Humility	Beauty	Gratitude
Optimism	Spirituality	Forgiveness	Humor	Zest