

My Wellbeing Allies

Who wants and needs me to be less stressed, healthy and well?
Who encourages me to take care of me? Who is in my corner?

Ally's Name	How Can They Support My Quest for Less, Lighter, Calmer?	When & How Can I Ask?

NEED A WAY TO ASK FOR HELP?



QUICK SCRIPTS:

"Would you be open to owning this piece instead of just helping with it?"

"I trust you with this, and I think it could be a strong growth opportunity."

"I'm trying to stop over-holding everything myself. Could you take point on this?"

"This feels like a good place for you to build more ownership and visibility."

"I can support, but I can't keep being the primary owner here."

LONGER SCRIPTS:

Protecting Your Energy

"I'm working on being more intentional about where my energy goes, and that means I can't personally hold every moving part anymore. I'd like to ask whether you can take ownership of _____ from start to finish. That would include the following scope: ___ I can answer questions at key points, but I'd want this to sit primarily with you."

Empowering Growth in Others

"I think you're ready for more ownership in this area, and I'd love to support that growth. There's a piece of work around _____ that I believe you could handle really well. Would you be interested in taking that on as your responsibility and bringing me in only when needed for alignment or escalation?"

Compliment + Ask For Bigger Role:

"One thing I really appreciate about how you work is that you're thoughtful, steady, and good at following things through. Because of that, I wanted to ask whether you'd be open to owning [specific responsibility]. I think it would give you more visibility, and it would also help our team distribute work in a smarter way."

WANT MORE?

"I am so thankful for you! You are changing my life. I have done so many years of therapy to try to make life better and to lessen my work stress but coaching is so much more helpful"

- A. S., Colorado

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