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Worksheet: Mentoring in the Current Crisis Presented by Ann Rolfe, Founder Mentoring Works

1.	Who do I need to reach out to with support, right now?
2.	Who might support me?
3.	What resilience thinking, actions and behaviours will I begin? For myself?
4.	What questions can I add to my "stock"?
5.	What can I do to reduce misinformation?
6.	How will I increase my wellbeing?