



FIVE TOP TIPS FOR ASKING FOR HELP

WHAT TO DO	HOW TO DO IT	OUTCOME
<p>1. Notice what it is that stops you asking for help</p> 	<p>(See DIY Tendency Tools)</p>	<p>You can choose to change this behaviour</p> <p>& begin to ask for help.</p>
<p>2. Create A Helping Culture</p> 	<p>Make asking for help and giving help part of your normal practice.</p>	<p>Establish further trust in:</p> <ul style="list-style-type: none"> - Relationships. - Acceptability of asking for help in a positive way. -The positive achievement outcomes.
<p>3. Decide What Exactly You Need Help With</p> 	<ul style="list-style-type: none"> - Focus on your specific goals and priorities - The tasks needed to get there - Which specific ones could usefully be achieved with help from others. 	<p>Sets everyone up for success:</p> <p>You know what you need and can therefore ask well.</p>
<p>4. Choose Well Who You Ask</p> 	<ul style="list-style-type: none"> - Sometimes this means directing specific requests for help to those who you know have the required skills and attitudes. - Sometimes this means asking for help to a wider audience as you may not know who has access to the required resources to be able to help you. 	<p>Continues To Set Up For Success:</p> <ul style="list-style-type: none"> - makes sure of a positive experience for both parties - builds helping culture.
<p>5. Be Direct and Clear</p> 	<p>Communicate exactly what you need help with:</p> <ul style="list-style-type: none"> - Any resource requirements. - How it fits into the bigger picture/ why it is important. - When it needs to be completed by. -OK to say NO if don't have resources. 	<p>Continues to set up for successful help:</p> <ul style="list-style-type: none"> - Others can make a realistic assessment of whether it is do-able for them, whether they can help or not. - Helper/s clear about what is needed.