

Support seeking training is a type of training that aims to teach individuals how to seek and access social support effectively. Social support refers to the emotional, informational, and practical assistance provided by others in times of need, and is an important resource for promoting well-being and coping with stress.

Support seeking training typically involves teaching individuals a range of skills and strategies for seeking and accessing social support, including:

Identifying sources of support: Individuals are encouraged to identify the people and resources in their social networks that can provide support in different areas of their lives.

Effective communication: Individuals are taught how to communicate their needs effectively and ask for help in a clear and assertive way.

Managing expectations: Individuals are taught how to manage their expectations of social support and recognize that different people may provide different types of support.

Dealing with rejection: Individuals are taught how to cope with rejection or lack of support, and to seek support from other sources when necessary.

Building resilience: Individuals are taught how to build resilience and self-reliance by developing their own coping strategies and strengths.

Support seeking training can be delivered in a variety of formats, including workshops, group sessions, or individual coaching. It can be tailored to meet the specific needs of individuals or organizations, and can be used to support personal and professional development.

Overall, support seeking training can be a valuable tool for individuals seeking to build and maintain social support networks, manage stress, and promote well-being in their personal and professional lives. It can help individuals build resilience, improve relationships, and achieve their goals in a healthy and sustainable way.

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