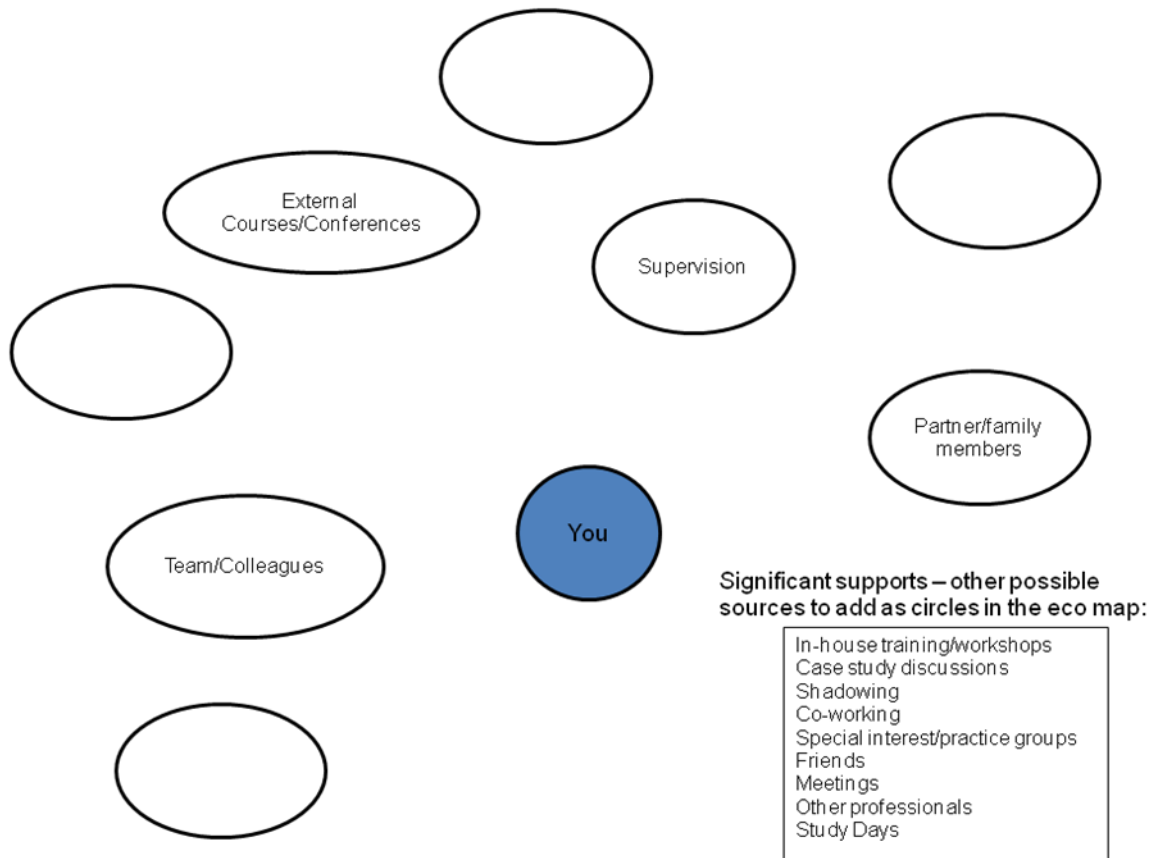


ECO-MAPPING YOUR WORKPLACE SUPPORT SYSTEM WORKSHEET




Use different types of lines to indicate the nature of the relationship for example:

Practical _____

Emotional -----

Information/advice

Critical 

Add a number for the quality of this support

Strong = 1 Unreliable = 2

Stressful = 3 Non-existent = 4

Add a symbol for how often you call on that support

Daily =  Weekly = 

Monthly =  A few times a yr = 

Adapted from Donnellan, H. & Jack, G. (2010) *The Survival Guide for Newly Qualified Child & Family Social Workers: Hitting the Ground Running*, (pg.123)

SUGGESTED TYPES OF SUPPORT

Practical Support: Where someone does something for you that allows you to get on with your work, e.g. they go on a home visit with you, or someone minds the client's child while you discuss something with the client.

Emotional Support: Where someone listens to you, describes feelings that you had facing a difficult situation or dealing with it's aftermath e.g. taking a child into care, etc.

Information/Advice: Where someone offers you advice on how to deal with a case or maybe where to get information on a particular topic e.g. *here is a good book website that I have used in a similar case before*, etc.

Critical: Where someone tells you that you handled something wrong or that they would have handled it better.

Strong: You receive a lot of support and it is constantly available.

Unreliable: This support may be available from this person today but it may not be available at a different time

Stressful: It causes more stress to go looking for support from a particular person than to just get on with it.

Non-existent: This type of support is not needed or is not available from this source.

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Workforce Learning & Development – TUSLA Child and Family Agency
Taken from MODULE 1: Getting Started/Resiliency Building,
EXERCISE 4: Eco-Mapping Your Workplace Support System