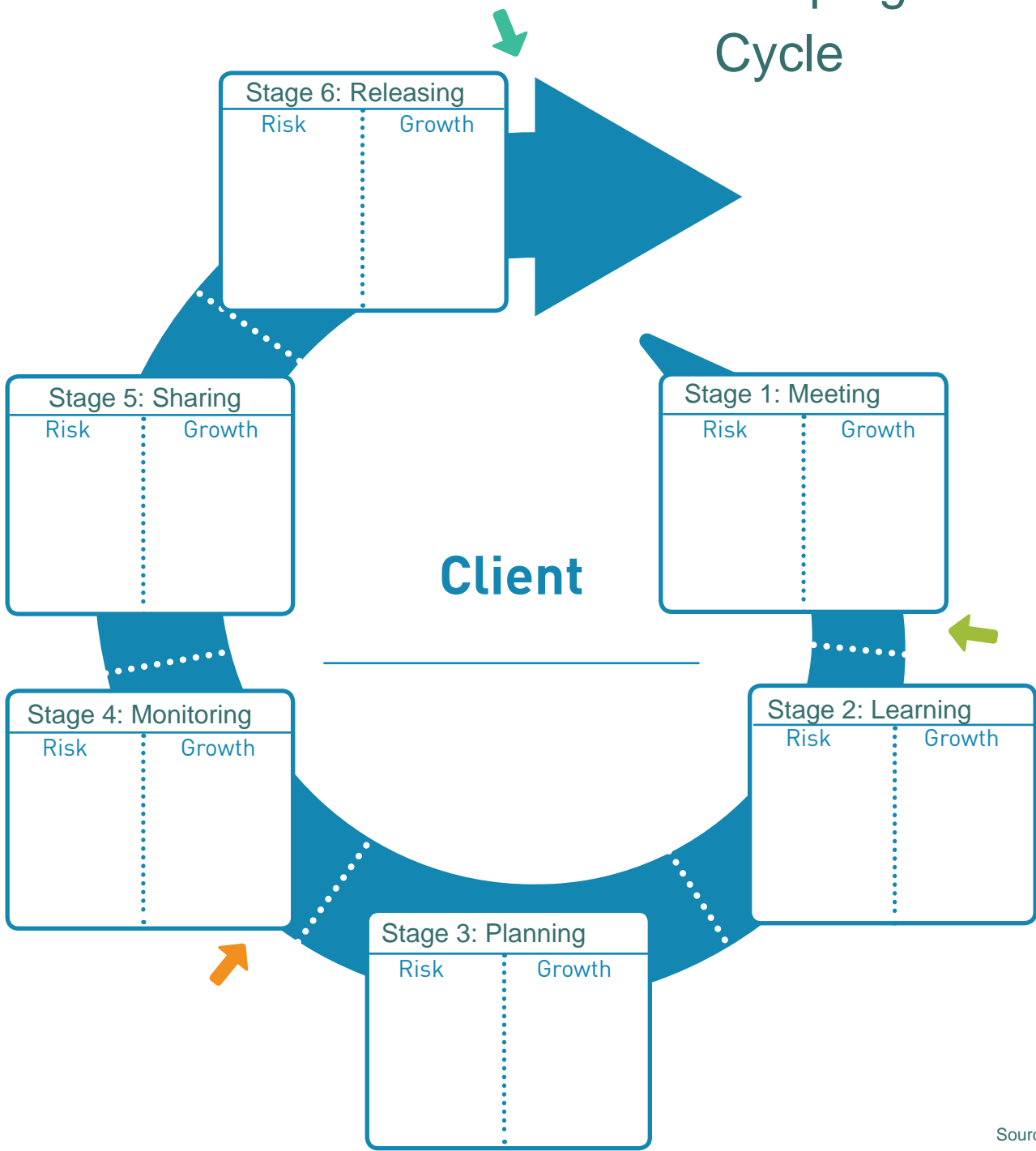


Name _____

Date _____

The Helping Cycle



Stage 6: Releasing	
Risk	Growth

Stage 5: Sharing	
Risk	Growth

Stage 1: Meeting	
Risk	Growth

Stage 4: Monitoring	
Risk	Growth

Stage 2: Learning	
Risk	Growth

Stage 3: Planning	
Risk	Growth

Hazards/Risks

- Potential lack of reward
- Lack of discussion of key/taboo issues
- Lack of sufficient staff
- Possible work/life conflict
- Possible values conflict
- Lack of decision-making capability
- Potential put-downs, bullying, gossip
- Task outside of my agency role

Personal growth factors

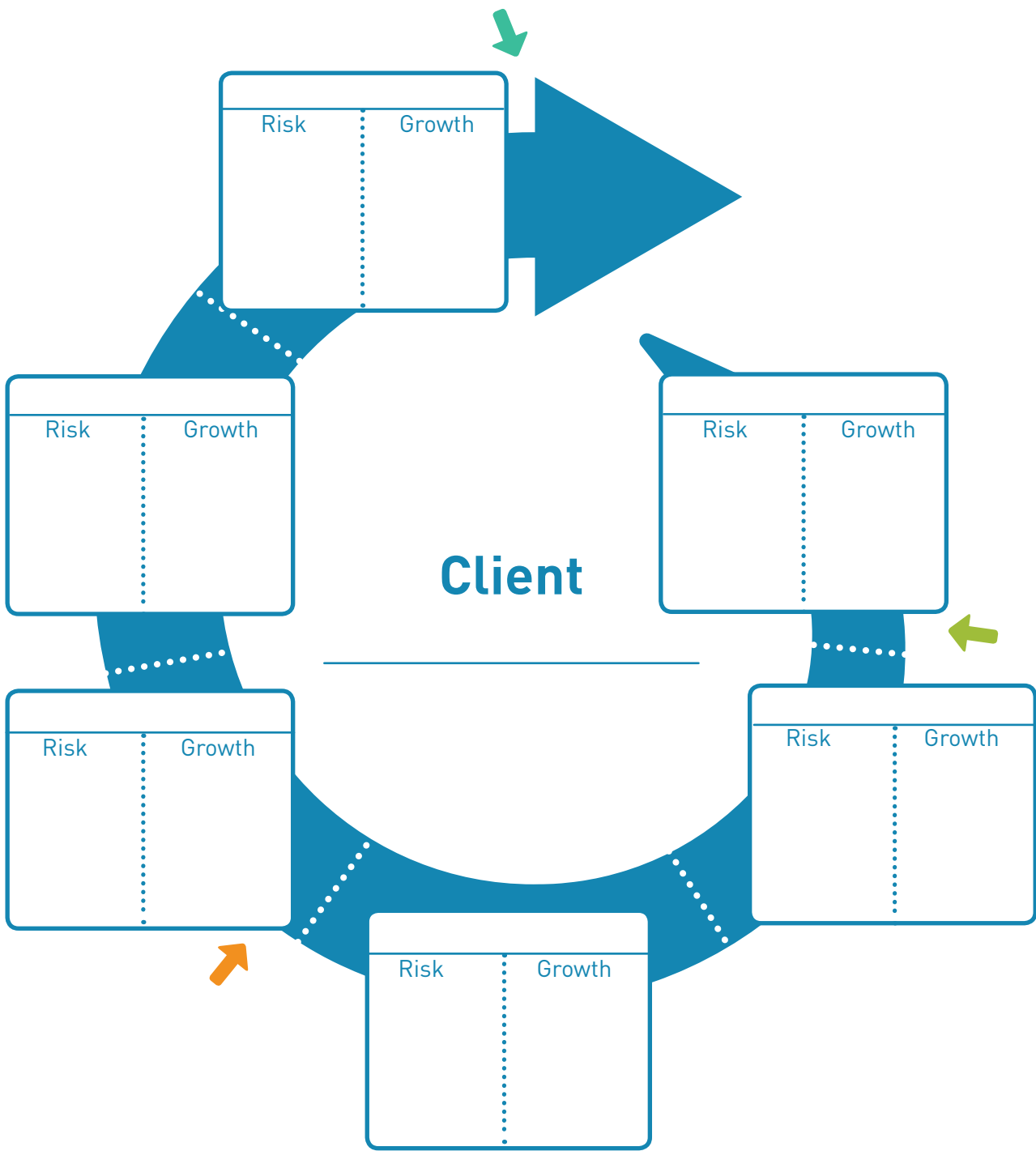
- Rely on professional education and training
- Use personal strategies to balance work/life
- Use physical self care
- Use mental self care
- Use support from friends and community
- Use support from co-workers
- Use journaling or reflection

Agency growth factors

- Exert control over my job
- Schedule obligations where possible
- Use agency self-care options
- Use employee assistance programs
- Enlist supervisory support and reflection
- Increase communication
- Use agency health and safety committee
- Report excessive hazards
- Tap into supportive culture
- Get specialized training

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