

Become an ACE at Asking for Help

A

- Admit you need help.
- Assess what could be done
- Ask yourself who would help.
- Anticipate that help will arrive.

C

- Choose to reach out.
- Courage is needed. Be brave.
- Connect with compassion.
- Concern for others and yourself.

E

- Express your need objectively.
- Encourage their views
- Engage with their ideas.
- Express your gratitude.

help@nancyradford.com

+44 7980 920 078

More info

<https://nancyradford.com/asking-for-help-why-is-it-so-hard/>

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