

# HOW TO ASK FOR HELP

Requiring help means you're in a valuable position to discover more and grow.



**Research shows we underestimate how willing people are to help us. Someone may even enjoy assisting you!**



Asking someone the right question at the right time helps you to learn and preserves time and resources.



Approach someone specific with your request. If you don't know who the right person is, find someone who does.



**Explain why you need help, provide context and ask a closely-targeted question.**



**Initiate conversations and check how others are feeling.**

