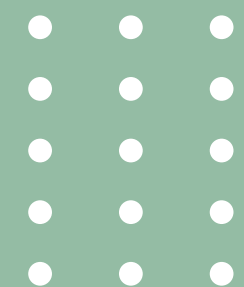
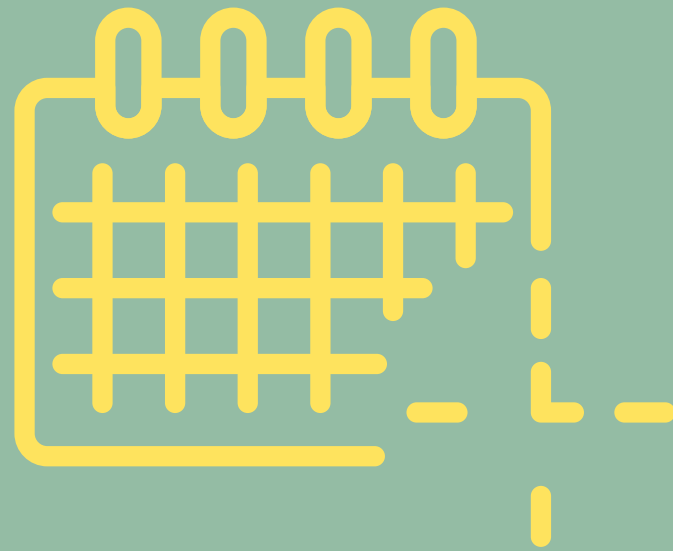




**This is your sign to ask  
your supervisor for help**





**Create specific, realistic, and attainable goals to review roles and set boundaries.**





**Seek support and new perspectives on how to handle situations so that you can provide the best possible care for your client.**





**Maintain open lines of communication and create a learning environment that is conducive to your success, as well as advocate for yourself.**

