



Olumuyiwa Akinrole Oludayo

# LEVERAGING YOUR SUPPORT SYSTEM

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You will always perform better when supported by others. You will definitely go through situations successfully when you can leverage on the strength of those within your network. The people that form your support network are not transactional in their relationship with you. They are more concerned about your well-being and growth than they are about personal gains. They want you to succeed. Your support network is not limited to those affiliations you have by blood connection: family. It can spread to neighbours, colleagues, classmates, social circles, friends, and much more. The people in your support network have no conditions for coming to your aid. They offer to stand by you because they feel connected to your purpose than to any temporary event of your life.





There are ways to note those supporting you in life:

1. **They hold you up:** They recognise your pursuits and always seek to provide help when they realise you are becoming deficient in the things you need to turn your desires into realities.

2. **They bear you:** They act as links between where you are and where you ought to be. They carry you to your place of miracle. They commit their resources to ensure you reach your goals. They ensure you are never stagnant in your pursuits.

3. **They serve as a foundation for the weight of your assignment:** They know the demands on you can cause damage to your life and so they strengthen your base to ensure that you don't lose anything while trying to achieve something meaningful.





4. **They are consistent:** Your true support network doesn't just appear when you are in need. They keep up with you and the events of your life. They are never ignorant of your current engagements and experiences.

5. **They always give you a boost:** They always provide encouragement to you because their goal is to see you succeed. They ensure you don't ever experience a downtime in as many areas of your life as possible.

6. **They ensure your readiness for great performances:** Your support network prepare you for uncertainties. They make you stronger by their presence and resources to face the hurdles ahead of you. They are firm when you are weak.





7. **They protect your resources:** Your support network works hard to ensure you never suffer losses. They act as a fortress to guard the things that are valuable to you. They protect your image, family and property.

8. **They provide options for your path:** Your support network looks for ways to get the best out of your investments. They provide alternatives to causes of action that will deplete your resources or reduce your return on investments.

9. **They form a wall of defence:** In spite of your weaknesses and frailties, your support network always act as a formidable force of defence for you. They take the heat off you. They preserve your sanity from overwhelming voices of your foes.





10. **They add to you:** Your support network will always seek to increase your resources by adding to you. They are concerned about you having enough to make it through any situation in life.

11. **They provide relief:** We all have moments of hardships and trials. A support network always ensure to give you a strong sense of reassurance. They shine the light of hope where you are experiencing the darkness of distress.

12. **They absorb your liabilities:** A good support network will always take your losses as theirs and ensure to move attention to something more productive. They know your loss is temporal hence their desire to take it up so you can do better.





13. **They act as advocates:** Your support network always act as torch-bearers. They get others to see the positive things that are unknown about you. They draw the attention of people to your capacity. They are sponsors of your next major move.

14. **They act as gap-fillers:** Your support network never stands by you for a fee, they are concerned about how you feel. they want to fill the deficiencies in your life.





## Support Network Characteristics

Characteristic	Description
 <b>Hold you up</b>	Provide help for your pursuits
 <b>Bear you</b>	Connect you to opportunities
 <b>Foundation</b>	Strengthen your base
 <b>Consistent</b>	Keep up with your life
 <b>Give a boost</b>	Provide encouragement
 <b>Ensure readiness</b>	Prepare you for uncertainties
 <b>Protect resources</b>	Guard valuable things
 <b>Provide options</b>	Find ways to optimize investments
 <b>Form a wall of defense</b>	Act as a formidable force
 <b>Add to you</b>	Increase your resources
 <b>Provide relief</b>	Give reassurance during hardships
 <b>Absorb liabilities</b>	Take your losses as theirs
 <b>Act as advocates</b>	Highlight your positive qualities
 <b>Act as gap-fillers</b>	Fill deficiencies in your life




Here are 14 Ways to Know How Your Support System Works for You



# Final Word.

You are not underprivileged if you can maximise the value of your support system. There's someone out there looking to be there for you unconditionally. There are people who want to help you bear your burdens so you can impact more people than you are currently doing.



**YOU ARE  
WORTHY  
OF LOVE**





## Profile for Dr. Olumuyiwa Akinrole Oludayo

Dr. Olumuyiwa Akinrole Oludayo is a transformative leader and consultant with a distinguished career across higher education, human resource management, and organisational development. His professional journey reflects an enduring commitment to influencing impactful change and advancing practices that drive growth and excellence at both individual and organisational levels.

With a strong foundation in academia, Dr. Oludayo has contributed extensively to higher education as a Member of Faculty for Human Resource Management, guiding the next generation of professionals and leaders. His roles as Dean of Students, Registrar, and Director of the African Leadership Development Centre have enabled him to influence institutional leadership and capacity-building across Africa, crafting learning environments that are centred on holistic development and resilience.

As a Research Fellow with the Chartered Institute of Personnel Management of Nigeria, Dr. Oludayo has made notable contributions to HR practice in Nigeria. His publications and development of frameworks have significantly shaped best practices within the industry, equipping HR professionals with contextually relevant strategies that address both contemporary and emerging challenges.

Organisations that engage Dr. Oludayo's consulting expertise benefit from a wealth of experience and a bespoke approach to people management. Through his work, he has supported a diverse range of organisations in optimising their talent strategies, enhancing leadership capacity, and creating resilient teams. His consulting work is marked by a commitment to solutions that are analytically robust and deeply aligned with an organisation's unique culture and objectives.

By partnering with Dr. Oludayo, organisations gain access to innovative approaches to talent development and organisational effectiveness. His strategic guidance encourages a culture of resilience, adaptability, and continuous improvement. His proven ability to integrate strategic insight with a people-centred approach makes him an invaluable asset for organisations striving for sustainable growth and a competitive edge.

In bridging the realms of academia, research, and practical consulting, Dr. Oludayo offers a holistic perspective that is both visionary and results-driven. His contributions go beyond enhancing performance; they cultivate lasting organisational value, enabling businesses to thrive through a stronger, more cohesive approach to human capital management.

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