



Canadian
Cancer
Society

CIBC  **RUN
FOR THE CURE**



YOUR SPHERE OF INFLUENCE



Friends & Family

- Partner
- Parents
- Siblings
- Children
- Grandparents
- Piblings & Niblings
- In-Laws
- Friends
- Neighbours
- Social Media Connections



Workplace

- Colleagues
- Teammates
- Supervisors & Managers
- Executive Leadership
- Board Members
- Clients & Customers
- Vendors
- Mentors & Mentees



School

- Students & Alumni
- Classmates
- Teachers
- Daycare
- Staff & Faculty
- Athletics & Recreation
- Parent-Teacher Association
- Fraternities & Sororities
- School Clubs
- Coaches & Sports Teams



Service Providers

- Restaurants & Coffee Shops
- Salons, Spas & Barbers
- Healthcare Providers
- Realtors
- Lawyers
- Financial Service Providers
- Insurance Providers
- Car Dealers
- Construction Workers
- Mechanics
- Landscapers
- Interior Designers
- Veterinarians & Groomers



Community

- Local Businesses
- Libraries & Community Centres
- Volunteer Groups
- Community Associations
- Places of Worship
- Civic Clubs
- Arts & Culture
- Special Interest Groups
- Youth Organizations
- Local Governments



Activities

- Sports Teams
- Book Clubs
- Fitness Studios & Gyms
- Toastmasters
- Running/Walking Groups
- Mountain Biking & Cycling
- Boating & Sailing
- Hiking & Backpacking
- Camping & RVing
- Arts & Theatre
- Memberships
- Outdoor Activities
- Social Justice
- Dance & Music



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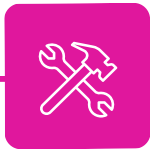
Workplace

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School

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Service Providers

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Community

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Activities

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Use this worksheet to create a list of your relationships and make sure you are reaching out to everyone you know.