



In her book *Mayday! Asking for Help in Times of Need* (Berrett-Koehler, 2007), M. Nora Klaver, a Chicago-based master coach, explains The Mayday! Process - a seven-step approach to making sure your "askings" for help and assistance are transmitted with both strength and clarity, on target and complete - we've taken the liberties to add a few steps!

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