

NETWORKING TIP SHEET

Workshop: Reconnect, Reclaim, Rise: Build a Network That Elevates YOU

1 CONDUCT A NEEDS ASSESSMENT

Identify areas where you want to grow personally and professionally.

2 CLARIFY THE TYPE OF CONNECTION YOU NEED

Consider options such as mentorship (1:1), support groups, affinity/interest groups, or development-based activities.

3 DO YOUR RESEARCH

Seek out individuals, groups, and opportunities that align with your goals and values.

4 COMMIT TO YOURSELF

Make a clear and intentional decision to invest in your growth journey.

5 BE CONSISTENT AND GIVE YOURSELF GRACE

Show up regularly, but allow flexibility as you navigate challenges and change.

6 ENGAGE FULLY

Be present, prepared, and intentional in every interaction and opportunity.

7 TAKE OWNERSHIP OF YOUR JOURNEY

Be proactive and accountable, drive your own growth and networking process.

8 EVALUATE THE BENEFITS

Regularly assess what you're gaining and how your connections are supporting your goals.

9 CHECK IN ON YOUR GROWTH

Reflect on your progress and identify areas for continued development.

10 DOCUMENT, CELEBRATE, AND APPLY YOUR GROWTH

Track your progress, honor your achievements, and actively apply what you've learned.

REMEMBER:

- Prioritize balance
- Make room for continuous growth
- Be authentic in your connections
- Quality over quantity matters
- Your network should evolve as you do

ROOTED IN ALIGNMENT, SELF-AWARENESS, AND PURPOSE