

MAPPING YOUR NETWORK

TOOLS: Yourself, colourful pens and two sheets of paper, one as large as you can find!
Pro tip: If you have wrapping paper then you can roll this over your table and use the reverse side.

TIME: 30 minutes

CONTEXT:

Let's inspect the network of women in your circle. How diverse is your network and what resources are already in it that you can reach out to, to support your growth? You may be surprised by how rich your network is!

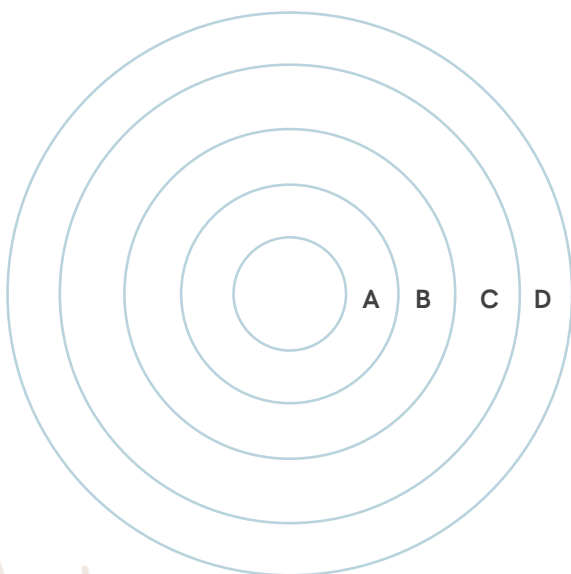
Remember, networking is so much more than asking for things you 'need', it's about building long-lasting relationships that can sustain and nourish each other as you develop and grow. Let's discover who your sisterhood consists of.

INSTRUCTIONS:

HOW TO CREATE AN AUDIT OF YOUR SISTERHOOD NETWORK.

Step 1:

Draw Five circles as follows:



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Unstoppable Together

You will start with your intimate circle of friends and family (A), and then map out the layers of previous job employers and work acquaintances (B), the connections that you have on social media, such as LinkedIn/ Instagram etc (C), and finally, any other relationships you may have built on or off line that come to mind (D).

Let's break this down into smaller steps:

Step 1:

Write your **name** in the **small centre circle**.

Step 2:

In **circle A**, the **second, slightly bigger circle** around this one, write the names of your top 5-10 women in your network that you are already in a meaningful relationship with. These are your most intimate circle of friends and family, those whose contact details will be easily accessible in your phone.

Step 3:

In **circle B**, the **third circle**, write the names of those women who were/are, previous job employers and work acquaintances. These are connections, but possibly ones that you're not so intimate with in friendship. You will get a sense that asking for a favour from these women feels more of a stretch than your inner circle, who you are more comfortable with asking for help.

Step 4:

In **circle C**, the **fourth circle**, write down the names of the women that you are in connection with via your social media accounts, such as LinkedIn and Instagram etc. These may be women whom you do not have regular contact with but are still in your sphere of possible online connections.

Step 5:

In **circle D**, the **final outer circle**, write down the names of any women that have not fitted into any of the above categories but come to mind as part of your circles of sisterhood network. These may be women who you met once at a party, have a business card for, have an awareness of, or would like to get to know better. Even women who you are not yet in contact with, but want to be.

Step 6:

Take time to observe and digest the names that you have written down. These are your sisterhood network connections!

Step 7:

Go through each of the names that you have written down, starting from circle A outwards, and ask yourself the following questions:

NAME OF SISTER	WHY DO YOU WANT THEM BY YOUR SIDE?	WHAT MAKES THEM KEY PLAYERS IN YOUR LIFE?

Step 8:

Take a risk, reach out and see who is already by your side and start there. Share the things you are struggling with and see what they suggest in terms of how they can help you get through this. A problem shared is a problem halved.

END RESULT:

A visual overview of the resources within your network, both those within your familiar and personal comfort zone, as well as those you would like to stretch to know better. Recognising the women already present in your life who you now know are valuable members of your sisterhood.