

Ellie Rich-Poole

The Recruitment Coach

Network Exercise

Different people help us in different ways. Think about the people in your life who help you (friends, family, neighbours, colleagues.) Think about people who *could* help you but you've never thought of them that way in the past.

Type of help	Name of person
Someone I can always rely on	
Someone I just enjoy chatting with	
Someone who makes me feel competent, valued and confident	
Someone who is a valuable source of information	
Someone who challenges me	
Someone who introduces me to new people	
Someone who will help me think through a problem	
Someone who makes me feel positive or optimistic	
Someone who gives me constructive feedback	
Someone who doesn't judge me and is always there for me no matter what	
Someone who just makes me smile or cheers me up when I see them	
Someone who is good at giving me practical help	
Someone who helps me emotionally	

What do you notice about your network?

Where do you need to strengthen it?

Who can help you do this?

What are your actions?