Technical sheet

6. NETWORKING – WHO CAN HELP ME?

Activity Title	Networking – Who can help me?
L2L dimensions	**Initiative & Ownership** - Understanding my learning limitations & possibilities - Taking responsibility for my own learning - Seeking input from others **Engaging & Management** - Select & seek out resources available to me
Activity summary	Who can help me achieve my learning goals? This tool will help you scan your immediate surroundings and highlight who is there, who you can reach out to for support, and who to maybe create some distance to, in order to stay motivated.

Activity tool

To achieve some of your goals, you will most likely need someone to support you along the way. Some may be to support your motivation, some may be to practise with or someone you can learn from.

Go through your list of contacts (maybe from your Social Media or people around you in your network from school, work or spare time activities). Think of the people from whom you get inspiration. Identify the people that you think can be the most helpful to achieving your goals and make a list of these people. Classify them according to which group you believe they belong to: friends, family, colleagues, or acquaintances (you can change the categories if necessary).

Now look at the diagram/draw a bull's eye circle with a cross going through it, just like the diagram. Write the names of the people in the diagram, following the instructions below:

Now you must visualise how close each person is to you.

This means; on a scale from 1 to 5, how often do you meet them? 1 means *often/very close to me* - 5 means *very rarely/very small/no connection*.
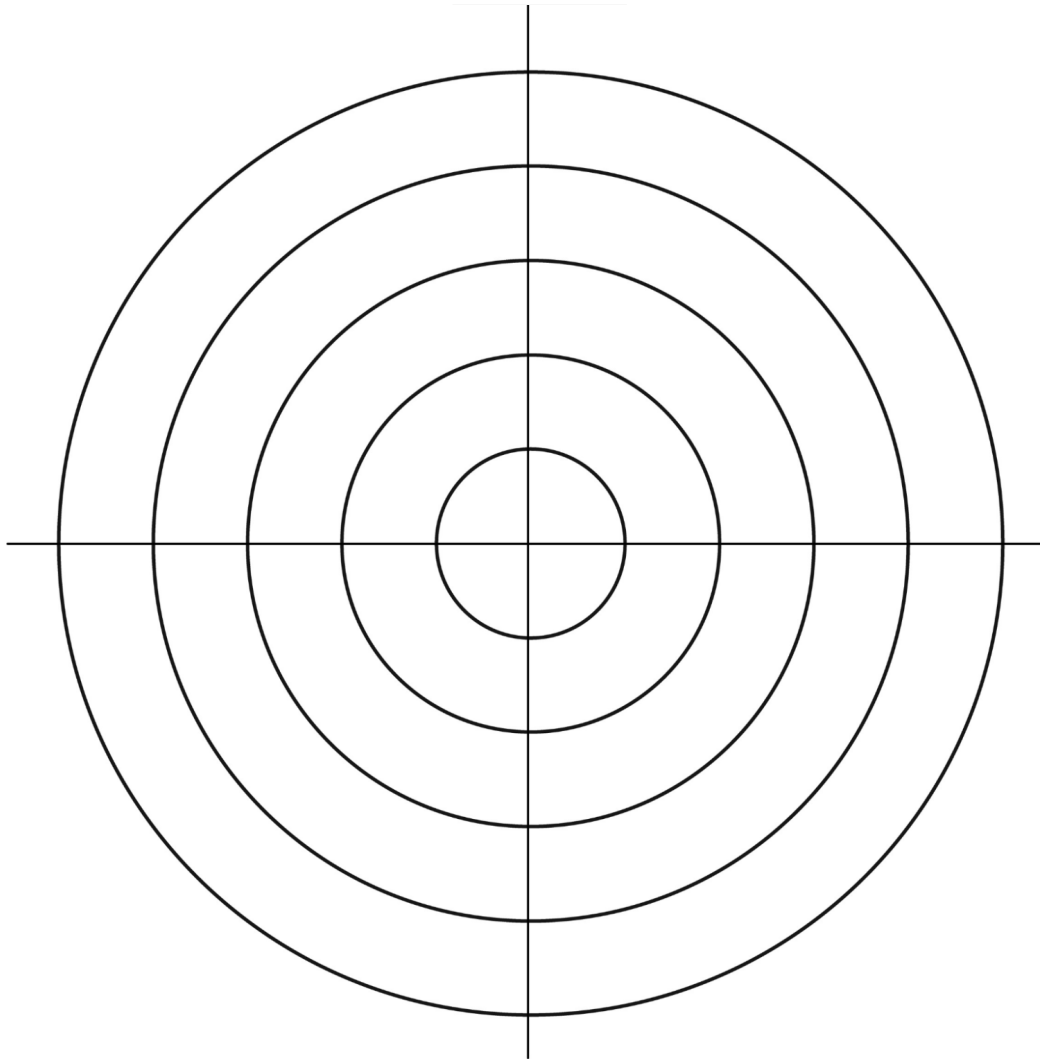
1. Look at the diagram of mapping network relations, and add people from your network from the categories. Place them on the diagram based on how close they are to you.
2. Rate them from very close to me, to very far away. This rating relates to how much you interact with and have access to them.

Example of filled up diagram
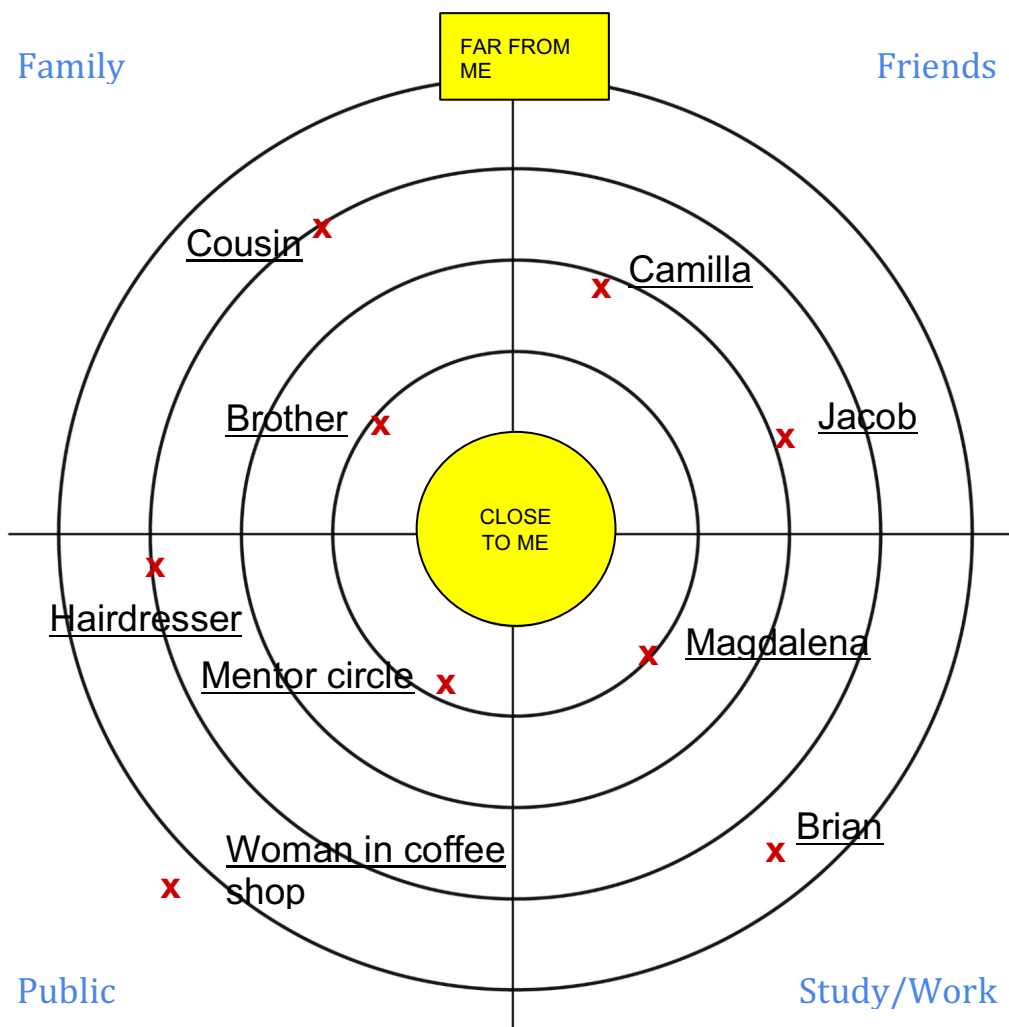
The graph illustrates your present network. You can use the diagram below. The questions after the diagram will give you some insight as to what you might like to change in your network and to whom you can go for help or support.

1. Look at the diagram 'mapping my network'. What is your immediate impression of your network?

2. What is your impression of the balance (the number of people) in the 4 different squares? Too many people? Too few? Think about the quality of the relations. Can they support you in your project?

3. Are there some people that you would like to get closer to or get to know better? If so, what will you do to get closer to these people?

4. Are there people in your network of relations not supporting you in a meaningful way? If so, what will you do to create distance from these people?

5. Which actions will you need to take now in order to get closer to some relations that can support you in your project or future goals?

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6. Are you missing some people in your network who can help you achieve your learning goals? Which actions will you need to take in order to add these to your network?