

# Building my Network



## WHAT DOES A NETWORK MEAN TO ME?



My network should

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WHO IS APART OF MY NETWORK ALREADY?



My Network Member

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Our relationship is:

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Their role on the network is:

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They are important to me and my network because:

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My gifts that I share with them are:

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## WHY DO I WANT TO BUILD MY NETWORK?



The reasons I want to have a bigger network are:

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PEOPLE I ALREADY KNOW WHO I WANT ON MY NETWORK



Possible Network Member

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They can be contacted at:

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Our relationship is:

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Their role on the network could be:

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They could help strengthen my network because:

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My gifts that I could share with them are:

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## WHAT IF I DON'T KNOW ANYONE THAT I WANT TO JOIN MY NETWORK?



Sometimes the people already in our life aren't a good match for being a network member. When this happens we need to look at expanding our support circle, these are the people we choose to have in our lives who love and support us. It takes time and patience to grow these relationships. Here are some tips on how to build new relationships:

### **1. Make a list of what your interests are.**

- Natural friendships grow from having things in common.

### **2. Make a list of what stops you from building relationships.**

- Sometimes there are barriers that stop us from connecting more often with people.

### **3. Make a list of things you can do to get over those barriers.**

- Go over these strategies with your staff and supports, so they know how to help.

### **4. Quit making lists and get out there!**

- Join a class, or a group that shares your interests.
- The first step to meeting people is getting out there and trying something new.



### **5. Don't be shy, say hello.**

- Bring a friend or someone you trust to make introductions easier.
- Sometimes the hardest part is just saying hello. If you need help ask a support to help you out.

### **6. Make plans!**

- Don't wait for the other person to make the first move, if you feel a connection try to build on it.
- Don't be afraid to bring a friend along until you get to know the person better and trust them.
- Make sure when you do make plans to go out alone with someone new, that you meet them in a public place and that someone you trust knows where you are and knows when you plan to meet and be home.

### **7. Know what you bring to the relationship.**

- Make a list of your gifts and keep them in your back pocket, when you meet someone you connect with, let them know what you bring to the relationship.
- Maybe you are a great baker and you can bring some fresh cookies or maybe you are good at crafts and can organize a cool craft night.



## WHAT ARE MY INTERESTS?



In my free time I (would) like to:

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## WHAT ARE MY INTERESTS?

- Sewing
- Painting
- Pottery
- Gardening
- Watching T.V or Movies
- Singing
- Dancing
- Writing stories/songs/poems
- Visiting with friends
- Hair care and make-up
- Fashion
- Having pets
- Going to church
- Babysitting
- Baking
- Cooking
- Ice-skating
- Roller-skating
- Gymnastics
- Chess/Checkers
- Jigsaw puzzles
- Playing board games
- Doing problem solving puzzles
- Playing cards
- Collecting things
- Camping
- Hiking
- Horseback riding
- Swimming
- Walking
- Jogging
- Riding a bicycle
- Golfing
- Tennis
- Baseball
- Football
- Soccer
- Hockey
- Frisbee
- Fishing
- Car racing

## WHAT ARE MY INTERESTS?



Four new things I would like to try are:

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## BARRIERS TO MAKING RELATIONSHIP CONNECTIONS



When I try to create and build new relationships, these are the things that get in the way.

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## STRATEGIES TO REMOVING BARRIERS



The things that those around me and I can do to help get over these barriers are:

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