

Rutgers Women+ in Technology (WIT+)

PEER-TO-PEER PROGRAM

MONTH 5: NETWORKING AND RELATIONSHIP BUILDING

HIGH-LEVEL FOCUS - MAINTAINING YOUR NETWORK'S RESILIENCE:

Peer groups will explore effective networking techniques, the importance of building and maintaining professional networks, and the benefits of having mentors and being a mentor to others.

SUGGESTED GROUP ACTIVITY - CONNECTION MAPPING:

***Note:** While not required to be completed ahead of time, considering your current professional relationships and jotting down a few details regarding their connection with you before the session might be helpful.*

- Either before or during the meeting, each group member should draw a (very high level) map of their personal and professional network. This map should include **mentors, peers, colleagues, friends, etc.** Do your best to identify as many connections (links) between people (nodes) as possible.
- Review your maps together and see if you can identify any **"hubs"** (individuals with many connections) within your networks. Each person should have the chance to share:
 - Who has helped you grow your network the most? How?
 - Who has helped you grow professionally or personally the most? How?
 - Are there any nodes within your network that you had a personal hand in connecting?
 - Are there any nodes on the verge of falling out of your network? Any you might want to reconnect with?
- Before the meeting ends, each person should have the chance to share any tips they have for making or maintaining meaningful connections over time.
- After the meeting, each person should set their own goal to practice being a good "hub" by reaching out to at least one person on the outskirts of their network this month.