

This activity is designed to strengthen your resilience and expand your professional network. Reflecting on meaningful connections can improve wellbeing, reduce stress, and foster a supportive network for everyone involved.

Self-Reflection – Recognizing Your Needs and Goals

Take a moment to consider how you approach professional relationships. Building self-awareness is key to developing balanced, supportive connections.

Professional Needs: Think about what you need in your work relationships to support your wellbeing and growth. *Examples might include mentorship, mutual support, collaboration, or open communication.*

- Need 1: _____
- Need 2: _____
- Need 3: _____

What I Offer: Consider your unique strengths and qualities, as these help you build meaningful connections. Recognizing them also helps others see the value you bring to the network.

- Strength 1: _____
- Strength 2: _____
- Strength 3: _____

Values That Guide My Professional Interactions: Clarifying the values you bring to your interactions helps align you with others who appreciate or share these values, building trust and cohesion. Identify three core values that guide your professional relationships.

- Value 1: _____
- Value 2: _____
- Value 3: _____

Relationship Mapping – Building a Resilient Network

Consider your professional relationships. Healthy networks include diverse connections that provide different forms of support and opportunities.

Mapping Your Connections: Create a list or diagram of the people or groups you regularly connect with, grouping them by roles (*e.g., mentors, mentees, peers, collaborators*).

Strengthening Connections: Choose one or two connections to focus on strengthening. Reflect on:

- How can you express appreciation for their strengths and contributions?
- What could you share about your own goals or needs to encourage mutual support?
- Are there opportunities to collaborate or engage with them in a meaningful way?

Practicing Empathy and Active Listening: Taking time to truly listen and empathize is essential for building strong connections and fostering growth.

- Active Listening Practice
 - In your next interaction, focus on:
 - Listening without interrupting and reflecting on the content shared.
 - Asking open-ended questions that show respect and curiosity.
 - After the conversation, ask yourself:
 - Did this approach improve the quality of your conversation?
 - Did you feel more connected or gain a new perspective?
- Empathy Check-In
 - Reflect on your peers' perspectives and needs. Understanding their experiences supports a culture of empathy. Consider:
 - How might recent challenges have affected their work?
 - What unique strengths or contributions do they bring that I can acknowledge?
 - Is there a small action I could take to support or encourage them?



Reflection and Growth

Revisit your relationships periodically to assess how they impact your growth, wellbeing, and resilience.

Evaluating Your Network's Impact: Think about how different people in your network affect your wellbeing, satisfaction, and resilience. Consider:

- Which connections feel energizing and supportive?
- Are there relationships that feel draining or create stress?
- What adjustments might help balance your network?

Celebrating Wins and Progress: Take time to recognize successes and growth in your network. Reflect on:

- A recent insight or relationship that positively impacted your work.
- How your approach to professional connections has strengthened your resilience.
- Is there someone you could acknowledge or thank for their support?

Personal Growth Goals: Identify one or two goals to further enhance your network (e.g., joining a professional group, practicing active listening, or engaging in a mentoring relationship).

End-of-Activity Reflection

Think about how focusing on empathy, connection, and shared support can enrich your work life. Setting the intention to connect with others thoughtfully can make a significant difference, not only for your own wellbeing but for the resilience and success of your entire professional community.

One Insight I Gained: _____

One Action I Will Take: _____

Using this worksheet regularly will help you build stronger connections, enhance your resilience, and contribute to a supportive, thriving professional environment.

