Purposeful Networking During Career Changes

Strengthening Your Networking Strategy

Use this worksheet to reflect on your networking experiences so far. Think about how you've used storytelling, how you've talked about career transitions, and what you've learned from your conversations.

Reflect on Your Networking Approach

What's working well in your networking efforts so far? (e.g., outreach methods, tone, platforms)

Who have you connected with that you'd like to follow up with more intentionally? What's one step you can take?

What's one small networking goal you'll set for the next week?

Share Your Story with Purpose

Think of a professional story you've shared recently. What was it about, and how did the other person respond?

What story or experience could you share in future conversations to highlight your strengths or values?

If you've experienced a layoff, how have you talked about it in networking conversations? What felt effective or challenging?