

## Networking: A network map

Think about your existing contacts in different terms. What value do they add? Think about the value you add to others as well – how would they describe you?

| Network category                                 | Who I know/could work towards |
|--|-------------------------------|
| Provide opportunities                            |                               |
| Celebrate your successes                         |                               |
| Are “hubs” for other networks and groups         |                               |
| Influence agendas                                |                               |
| Share your values and interests                  |                               |
| Act as critical friends                          |                               |
| Mentor and advise you                            |                               |
| Have complementary research expertise and skills |                               |
| Can provide insights into research funding       |                               |
| Network in new career areas                      |                               |

**Next steps:**

- Think about any gaps in your map and how you might begin to address these.
- Talk to you mentor or colleagues about the types of people in their networks.