

What can I share with my network?

What have I achieved in the last twelve months?

Who have I told about this success/successes?

What does this demonstrate about me? (Which skills or qualities were needed to achieve this?)

Which opportunities might I get if people were aware I had these skills or wanted to develop them further?

Who can help me to promote my successes?

What other mechanisms might be available?

Next steps:

- Think about any gaps in the above and how you might begin to address these.
- Talk to your mentor or colleagues about recent successes and how best to communicate them.