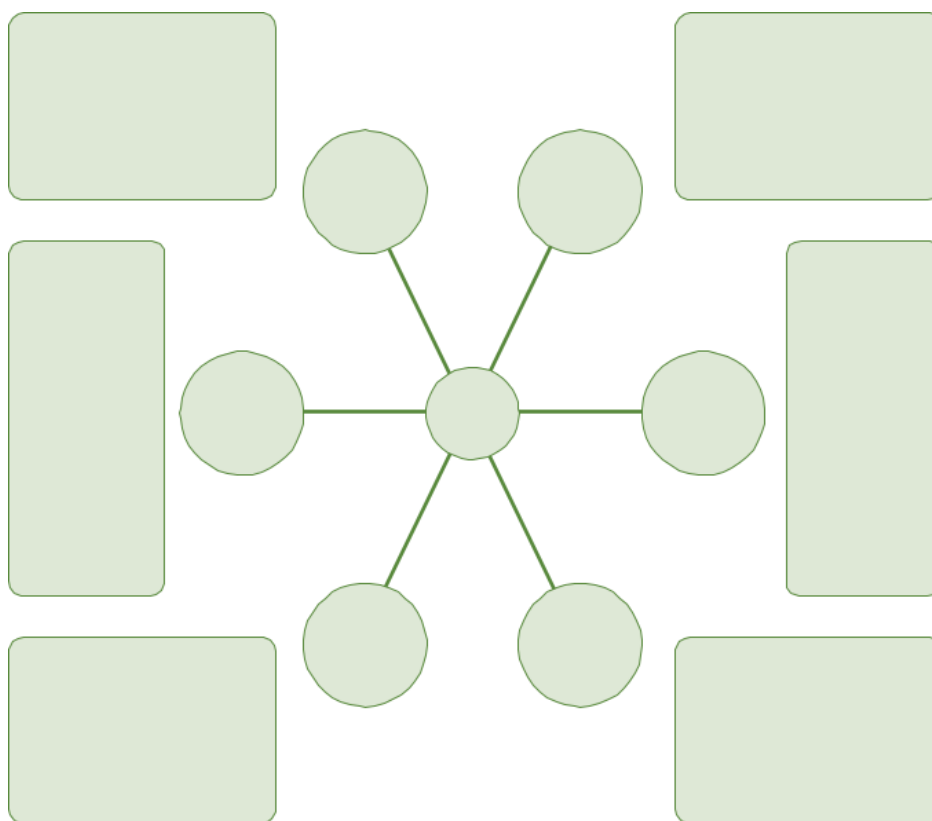




## 2.2.1 How good is your network?

Use the diagram below to make a visual representation of the six most important individuals in your network. (Of course if you want to add more feel free to do so!)

1. Begin by putting their names in the circles.
2. Then, in the rectangles enter their a) job role, b) organization (number the different organizations, e.g., 1, 2, 3), c) the extent of trust (high, medium, low), and d) the kind of support they provide.
3. Finally, analyze your network in terms of its *diversity* (i.e., do different people provide different kinds of support and intensity) and *intensity* (e.g., frequency of interaction, reciprocity).
4. If it is not as diverse and intense as you would like, set yourself some goals with deadlines to work towards the network you want. Put the deadlines in your diary as a reminder.



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