

Strengthen Professional Relationships

It's well documented and researched that your professional support network is invaluable to your career. You can't do it alone! Other people have an impact on your development opportunities, and make decisions on promotions and vacancies. Use this exercise to take stock of your professional relationships, and identify where you want to strengthen important connections.

What would a strong, thriving professional network look like for you?

Make a list of significant people in your professional network. Include current and previous colleagues, professional friends, LinkedIn connections you interact with, mentors, sponsors, people in your external network.

Then go back and score them on a scale of 1-3

1 = regularly interact with them, 2 = occasionally interact with them, 3 = dormant, it's been a while.

If you were to focus on three professional relationships in the next 3-6 months, who might they be, and why did you choose them?

If these relationships were stronger, what positive difference would it make to you?

What, if anything, is stopping you from taking action in this area?

Is this something you need further support with?
Use [this link to my calendar](#) to book a 30 minute call to explore how coaching can help you here.

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