

SOCIAL CAPITAL

MODULE ONE : TOPIC 4 VIDEO 5

Worksheet

Introducing People

ART OF CHARM

WORKSHEET

Introducing People

In the previous two worksheets, we focused on what strengths you brought to your personal and professional networks. We don't want to necessarily merge those two, but rather find what has aided us in managing both networks and use those qualities to heighten our social capital.

Write down a list of everyone you know in a spreadsheet or if you have them in your contact book, take that list and start creating To-Dos on who you're going to introduce to whom.



Make a list of how you can demonstrated emotional support to your network



Introducing People

Make a list below on one way you will demonstrate empathetic quality to a few people a day from now on. Schedule in your calendar a check-in point to write down feedback on how to improve.



Inventory of your skills - In Applying your Social Capital section, you're asked to think about your skills. Now's the time to document them. Let's start now.



Introducing People

Take 20 minutes to reach out and help other people with what you've listed above. Right down what you've done.

1

2

3

4

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