

## Thanks to Elaine's ideas and inspiration I'm going to...

- “Willingly join and be part of opportunities for networking, join some relevant groups and contribute to the discussions instead of being a silent member.”
- “Work on my confidence and fears so that at the next networking opportunity I will be able to be my best self.”
- “Plan what I'd like to achieve in the next 3 months.”
- “Push into my discomfort zone of trying to reach out to others even when it feels uncomfortable!”
- “Use social media more to effectively network and revive networks I created in the past.”
- “Practice, practice, and practice!”



**CONNECTED  
COMMUNITIES**