

confidence  
clarity  
purpose  
impact  
growth  
guidance



# INSPIRE TO EXCEL

## CAREER SERVICES

Empowering women to achieve *authentic* success™

## Networking Effectiveness Assessment

### Instructions

For each statement, check the box if it accurately describes your current networking approach.

- I have a clear goal for my networking efforts, aligned with my career aspirations.
- I consistently dedicate time each week to networking activities.
- I focus on building genuine relationships, not just transactional connections.
- I actively seek out networking opportunities both within and outside my industry.
- I regularly update my online profiles (e.g., LinkedIn) to reflect my professional brand.
- I engage with my network by sharing valuable content, insights, and resources.
- I feel confident in my ability to articulate my unique value proposition.
- I prioritize helping others in my network, not just seeking assistance for myself.
- I have a diverse network that includes mentors, peers, and mentees.
- I am comfortable reaching out to professionals I admire for informational interviews.
- I actively seek feedback from my network to identify areas for professional growth.
- I express gratitude to my connections and acknowledge their support.

### Scoring

- **10-12 checked: Networking Pro.** Your networking game is strong! Keep nurturing your network and seeking new opportunities to connect authentically.
- **6-9 checked: Networking Novice.** You've got some networking fundamentals down, but there's room to level up. Focus on the areas you didn't check to make networking a more consistent practice.
- **0-5 checked: Networking Newbie.** Networking is a critical skill for career success. Start by setting clear goals, dedicating regular time, and focusing on building genuine relationships. Small steps can lead to big breakthroughs!

### Next steps

Every meaningful connection starts with a single "hello" - choose one unchecked item from your assessment and turn it into action this week to strengthen your networking approach!

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Ready to uplevel your networking skills and open new career doors? Explore our "Connect with Confidence" course at <https://www.inspiretoexcel.com/services>. **Let's get growing!**