

Activity: People & connections map PART 1

Purpose of the activity: represent your connections at work in a map to identify strengths and gaps.

STEP 1: Draw a small circle in the middle, write 'ME' in it.

STEP 2: Reflect on who are the people in your professional life, represent them in circle

- Size of circle = the degree of influence on you or your decisions and actions
- Distance between circles = the level of involvement, trust, support and understanding

STEP 3: Draw lines with arrows to represent the flow of communications

- Thick line suggest a greater flow of communication
- Dotted lines could indicate spasmodic communication
- Squiggly lines could indicate tension and/or conflict in a specific relation

Activity: People & connections map PART 2

Reflection questions pause, observe, analyse and take action!

- ▶ What jumps at you?
- ▶ Who is not on your map and should be?
- ▶ Which communication lines requires your attention?
- ▶ identify one or two priority areas of opportunity for you