



Nurturing your networks

by Mentoring Scheme Trainer
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Nurturing networks as a scientist, researcher, clinical or academic professional is an important part of your career; not only for you personally, but for the work.

At their best, networks are a crucial space in which individuals can share challenges, opportunities, explore themes and contribute to the wider community.

However, this activity is often neglected and many people feel hesitant as to where best to grow professional connections.

This resource has been developed through emerging networks at the Academy of Medical Sciences and is offered as a starting place to think about your networking practice.

Q1: What is your central purpose or idea for strengthening your network?

Being clear as to your intentions helps you focus your activity, communication and reach.

Q1: Follow on

Do you need support, stimulation, connection and/or innovation as part of a network?

How will you contribute to your network and what are you able to offer?

Do you need to expand or contract your network/s?

What professional quest are you on and whom else might be curious about this journey?

Q1: Further resources

[Science Careers articles](http://www.sciencemag.org/careers/2015/10/how-network-effectively)
www.sciencemag.org/careers/2015/10/how-network-effectively

[Learn to love networking](http://hbr.org/2016/05/learn-to-love-networking)
hbr.org/2016/05/learn-to-love-networking

Q2: What might the barriers and benefits be to developing your network going forward?

Being honest with yourself about any discomfort or ambition helps you develop.

Q2: Follow on

Do you have any bias (self/others) that might hinder you?

What might you have to adapt to in order to maximise networking?

How will you deal with the ambiguity/flux that comes with networking?

What do you know about yourself that helps you grow?

Q2: Further resources

[Introverts Guide to Networking](http://www.youtube.com/watch?v=Cj98mr_wUA0)
www.youtube.com/watch?v=Cj98mr_wUA0

[Social / Emotional Intelligence with Daniel Goleman](http://www.youtube.com/watch?v=9ADA5LcNzIE)
www.youtube.com/watch?v=9ADA5LcNzIE

Q3: What are you going to do and what are your first steps?

Being committed to investing in the time and effort it takes to sustain a network is vital.

Q3: Follow on

Are you clear about why you are investing in networking?

Are you un/consciously limiting the sphere of contacts you can connect with?

Are you being open to giving and well as receiving as part of this process?

What do you need to do now and with whom?

Q3: Further resources

[Psychologists guide to Networking](http://www.theguardian.com/small-business-network/2017/jan/23/psychologists-guide-networking-events-advice)
www.theguardian.com/small-business-network/2017/jan/23/psychologists-guide-networking-events-advice

[Top Tips for networking](http://www.businessballs.com/building-relationships/networking)
www.businessballs.com/building-relationships/networking



Nurturing your networks benefits both you and your work.