

Networking Canvas

	Personal	Career	Business
Develop	Personal Growth People who advise you in your private life and help get through those negative periods in your life.	Professional Growth People who help you develop professionally; those who give you a sense of value and purpose.	Opportunities People who can activate new work opportunities for you.
Boost	Wellbeing People who help you balance your private and professional lives, engaging you in activities beyond your work (sports, hobbies, arts, causes, religion, etc.).	Professional Energy People who strengthen you, give you energy and support you emotionally through those bad times at work. Those who help you get back on track.	Influence Well connected people who help you to gain influence and legitimacy. Those who will help introduce you in certain contexts or hubs of influence.
Learn	Negativity Toxic individuals who affect your emotions negatively and who cause you stress and cause you to waste time. But who may sometimes provide useful learning opportunities.	Future People that are a source of fresh ideas and trends and who inspire your professional innovation.	Insights People that give you valuable information about the market you are in or who give you feedback on your key projects.