

# SELFHOOD

## **A Guide to Networking**

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## Building connections for change

At Selfhood, we understand that change is driven not just by passion and knowledge but also by the strength of connections. Networking is a vital tool in our journey towards gender liberation and equality. It allows us to connect, collaborate, and amplify our collective impact. Here's your guide to networking and making meaningful connections for change.

## Why networking matters

Networking is more than just exchanging business cards; it's about fostering relationships that can lead to powerful partnerships, shared knowledge, and collective action. Here's why networking matters:

- \* **Amplify Impact:** Collaborate with like-minded individuals and organisations to magnify your advocacy efforts.
- \* **Access Resources:** Discover valuable resources, expertise, and support that can fuel your mission.
- \* **Share Knowledge:** Exchange ideas, experiences, and insights to expand your understanding of gender liberation.
- \* **Build Alliances:** Forge alliances with individuals and groups who share your passion for change.



## Getting started

Ready to dive into the world of networking? Here's how to get started:

### 1. Define your networking goals

Before you start networking, clarify your objectives. What do you hope to achieve through networking? Are you seeking mentorship, partnerships, or information? Setting clear goals will help you focus your efforts.

### 2. Identify your target network

Determine the individuals, organisations, and communities that align with your mission. Research and identify key players in your field who can contribute to your cause.

### 3. Craft your elevator pitch

Prepare a concise and compelling introduction that highlights your mission and passion. Your elevator pitch should leave a lasting impression.

### 4. Attend relevant events

Participate in conferences, seminars, workshops, and community gatherings related to your cause. These events are excellent opportunities to meet like-minded individuals.

### 5. Utilise social media

Engage on social media platforms to connect with activists, advocates, and organisations. Join relevant groups and discussions to expand your network.

### 6. Volunteer and collaborate

Offer your skills, time, or expertise to collaborate on projects or campaigns with others who share your mission. Volunteering is an excellent way to build relationships.

## 7. Be a genuine communicator

When networking, authenticity matters. Be genuine in your interactions, listen actively, and show interest in others' work and experiences.

## 8. Stay aware

Be sure to centre your safety and energy when building relationships; do not engage in networking activities which are a threat to your safety. It is vital when participating in activism and campaigning, at selfhood or elsewhere, that you take care of yourself and prioritise your personal wellbeing.

## Building and nurturing relationships

Networking isn't just about making initial connections; it's about building and nurturing relationships over time. Here are some tips for cultivating meaningful connections:

- \* **Follow up:** After an initial meeting or event, follow up with a thank-you note or message. Express your interest in maintaining the connection.
- \* **Stay informed:** Keep yourself updated on your network's activities and achievements. Offer support and congratulations on their milestones.
- \* **Reciprocity:** Networking is a two-way street. Offer assistance or resources when you can, and don't hesitate to seek help when needed.
- \* **Attend networking events regularly:** Consistency is key. Attend networking events regularly to reinforce existing connections and make new ones.

## Online etiquette

In the digital age, online networking is just as important as in-person interactions. Here are some etiquette tips for online networking:

- \* Professional profiles: Ensure your online profiles reflect your mission and passion clearly.
- \* Engage thoughtfully: Participate in online discussions and groups with respect and thoughtfulness.
- \* Privacy and security: Be mindful of your privacy settings and share personal information cautiously.
- \* Value over quantity: Focus on building meaningful connections rather than accumulating a large number of contacts.

## **Join the Selfhood movement**

Connect with like-minded individuals and organisations in the Selfhood movement. Together, we can create a stronger and more inclusive future for all genders.

Join now by emailing:  
[movement@weareselfhood.org](mailto:movement@weareselfhood.org)

## **Conclusion**

Networking is not just a tool; it's a pathway to change. By connecting with others who share our vision, we can amplify our voices and accelerate our mission towards gender liberation and equality.

