

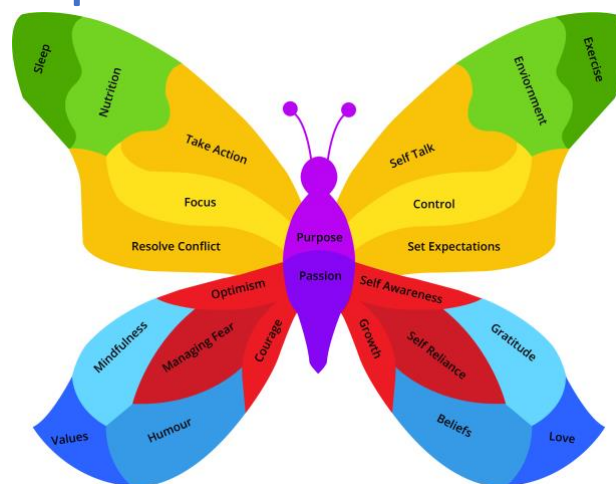


**Emotional  
Intelligence**  
By Transilient Coaching

# Building a Resilient Mindset One Day at a Time



## Module Four Spiritual Resilience



## Love and Relationships Workbook

**Without communication,  
there is no relationship.  
Without respect,  
there is no love.  
Without trust,  
theres no reason  
to continue.**  
via curiano.com

1. Consider the closest relationships in your life? How do they contribute most of the time?

Who?	Mostly positive	Mostly negative	A bit of both





## 2. Mapping Your Network

It's important to maintain a diverse network. When you've finished mapping your network, take a close look at the types of contacts you have and the functions that they serve.

It can be easy to populate your network with the people that you spend the most time with, such as your colleagues – this is the “Proximity Principle” (the tendency to form interpersonal relationships with those who are close by). But, be aware that staying only within the circles that you know well will likely reduce your exposure to new opportunities and experiences.

The more diverse your network, the more opportunities you'll have to achieve your objectives. Try to refine your network by identifying skills gaps, and seek out new contacts that can fill them.

There are three ways that you can make your network more diverse:

- Do your research. Social media and online professional networking sites have made it easier than ever to research and connect with a diverse range of people across the world.
- Traditional networking activities. You may prefer to stick to classic networking activities, like trade shows, conventions, workplace events, or roundtables.
- Identify any “super-connectors.” These are people who have a broad and diverse network, and are therefore in a great position to advise you on who best to connect with, and to put you in touch with them.

Your existing network is likely made up of a variety of people. From your boss and teammates, to the CEO of your company, leaders in your professional field, or social media contacts, your network will likely be much larger than you initially think.

The first step to building an effective network is to map it out.

This will help you to identify the contacts that are the most valuable to you.

Your former boss, for instance, may be someone that you speak to on a regular basis. But unless he or she can help you with your key objectives (or knows someone who can), he may not be a useful contact.

You may find it easier to use a visual tool, such as Mind Maps, to map your network. This can be particularly useful if you want to group your network by function. Alternatively, there are several apps that you can use to organize and keep track of your contacts.

Bear in mind that networking is not a one way street – it must be a mutually rewarding relationship with give and take in both directions. Make sure you are giving something in terms of a connection, article, book reference, introduction to someone else etc for each gesture you receive. Networking relationships must be authentic and not greedy!

<b>Name of contact</b>	<b>How connected to you</b>	<b>Area of expertise or industry</b>	<b>Next step to build reciprocal relationship</b>