

Networking Exercise: Breakout Format

- Suggested format for each breakout group below.
 - Breakout networking will be 30 min.
 - Time allocated at end of session to exchange contact information.
- A. Identify moderator to facilitate conversation and monitor time.
- B. Introduce yourself and answer the below prompts.
- C. ASK:
- What's your biggest challenge right now at work or home?
- D. GIVE:
- 2-3 things that you can offer to someone else.
 - Knowledge or expertise, connections, support, mentoring, etc.
- E. GET:
- 2-3 things that you really need right now.
 - Personal or professional