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PR3 Training Toolbox

Speed Networking Circles

SESKAT. Development of social and emotional skills in adult training

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1) NAME AND DESCRIPTION OF THE TOOL

The "Speed Networking Circles" activity is an engaging and efficient tool designed to enhance networking skills by facilitating quick yet meaningful interactions. Participants form small circles, and through a series of timed rounds, they engage in focused conversations to exchange information, discover commonalities, and create connections within a short timeframe.

2) OBJECTIVES OF THE TOOL

- 1. Efficient Networking:**
 - Provide a structured and time-efficient format for participants to engage with multiple individuals.
 - Foster the ability to make a positive impression and convey key information succinctly.
- 2. Diverse Connections:**
 - Encourage participants to interact with a diverse range of professionals.
 - Expand networks by connecting with individuals from different backgrounds and industries.
- 3. Elevator Pitch Development:**
 - Promote the creation and refinement of concise and impactful elevator pitches.
 - Enable participants to articulate their professional identity and goals effectively.
- 4. Active Listening and Questioning Skills:**
 - Emphasize the importance of active listening and asking insightful questions.
 - Enhance participants' ability to gather relevant information during brief interactions.

3) CONNECTION OF THE TOOL WITH EMOTIONAL INTELLIGENCE/SOFT SKILLS

- **Empathy:** Participants gain insight into the perspectives and goals of others through quick yet focused interactions.
- **Social Awareness:** Fosters awareness of individual needs and aspirations in a fast-paced networking setting.
- **Communication:** Enhances communication skills through concise and effective expression.

4) RESOURCES & MATERIALS

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- Small tables or designated areas for each networking circle.
- Timer or signal to indicate the end of each networking round.
- Facilitator guide with instructions, sample questions, and discussion prompts.

5) IMPLEMENTATION OF THE TOOL

- 1. Introduction and Circle Formation (10 minutes):**
 - Brief participants on the purpose of the activity: to efficiently network with a diverse group.
 - Form small circles with 5-6 participants each.
- 2. Speed Networking Rounds (40 minutes):**
 - Each participant has a set amount of time (e.g., 5 minutes) to introduce themselves and exchange information with others in the circle.
 - Rotate to a new circle after each round.
- 3. Elevator Pitch Refinement (20 minutes):**
 - Facilitate a brief discussion on crafting effective elevator pitches.
 - Participants share their experiences and receive feedback.
- 4. Debrief and Reflection (15 minutes):**
 - Facilitate a group discussion on the speed networking experience.
 - Participants share insights, challenges, and notable connections made.
- 5. Follow-up Recommendations (15 minutes):**
 - Provide guidance on effective follow-up strategies.
 - Encourage participants to exchange contact information and follow through on promising connections.

6) EXPECTED LEARNING OUTCOMES

- Improved networking efficiency through quick and purposeful interactions.
- Diverse connections with professionals from various backgrounds and industries.
- Development of concise and impactful elevator pitches.
- Enhanced active listening and questioning skills in a fast-paced networking context.
- Identification of potential collaboration opportunities and the foundation for future connections.



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