



SESKAT. Development of Social and Emotional Skills in Adult Training
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Speed Networking Circles

**SESKAT Training
Toolbox**



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Description

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.

Objectives

- To provide a structured and time-efficient format for participants to engage with multiple individuals.
- To expand networks by connecting with individuals from different backgrounds and industries.
- To enable participants to articulate their professional identity and goals effectively.
- To emphasize the importance of active listening and asking insightful questions.

Connection with Soft Skills and Emotional Intelligence

The activity allows participants to gain insight into the perspectives and goals of others through quick yet focussed interactions. This fosters awareness of individual needs and aspirations in a fast-paced networking setting, supporting participants' social awareness. It also improves communication skills through concise and effective expression.



Resources and Materials

- 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

Steps

01

10 minutes: Brief participants on the purpose of the activity: to efficiently network with a diverse group. Ask them to form small circles with 5–6 participants each.

02

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. They will rotate to a new circle after each round.

03

20 minutes: Facilitate a brief discussion on crafting effective elevator pitches. Participants share their experiences and receive feedback.

04

15 minutes: Lead a group discussion on the speed networking experience. Ask the participants to share insights, challenges, and notable connections made.

05

15 minutes: Provide guidance on effective follow-up strategies. You may want to encourage participants to exchange contact information and follow through on promising connections.

Learning Outcomes

The expected learning outcomes of this activity are:

- 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

