



×



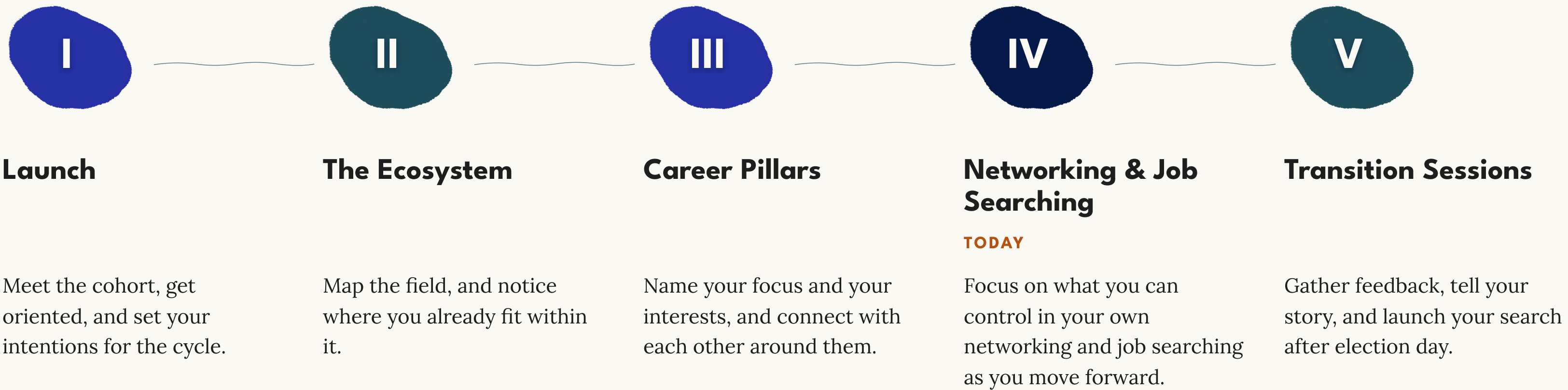
**EMPOWER
PROJECT**

TRAINING SESSION THREE

Networking & Job Searching



THE ARC OF THE SERIES



BY THE END OF TODAY, YOU WILL HAVE

01

Named what actually gets in the way, and sorted it into what you control, what you influence, and what you don't.

02

Mapped the relationships you already have, and chosen the first few people to reach out to with a specific ask.

03

A feedback ask, three names, and an accountability partner with a check-in date on the calendar.

CHAT WATERFALL

The First Feeling

What is the first feeling that comes up when you think about networking and job searching? One word in the chat.



BREAKOUTS OF 3 TO 4

What Gets in the Way?

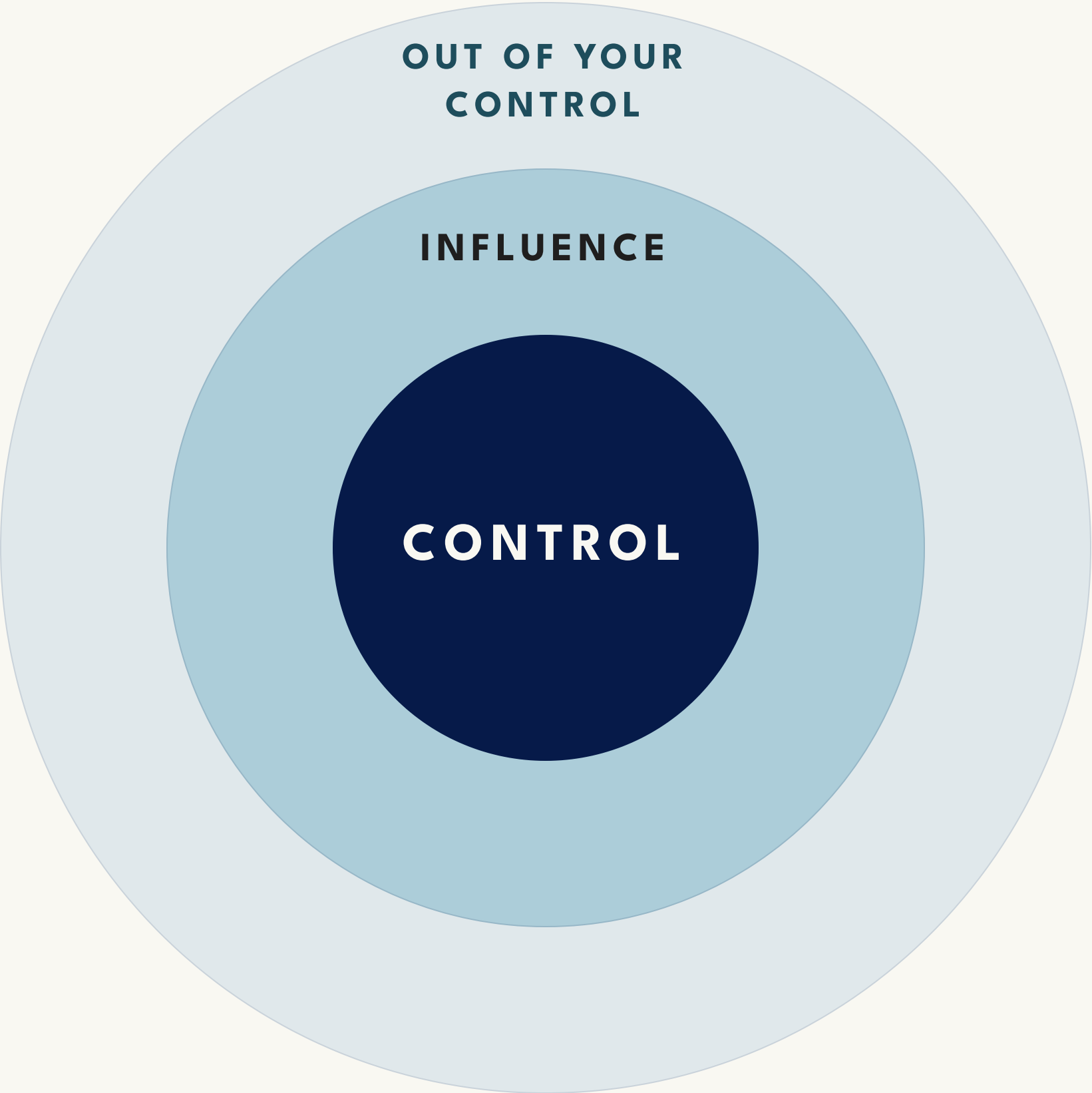
What gets in the way of you actively working on networking and job searching?

What are all the things that feel hard, and that stop you in your progress?

One thing per sticky in the [Figma board](#). We'll sort them together when you come back.



CIRCLES OF CONTROL



Not everything hard is yours to carry.

Understand what's in your control, what you can influence, and what's out of your control to help reduce anxiety and minimize stress, and to sharpen the action you take.

■ CONTROL

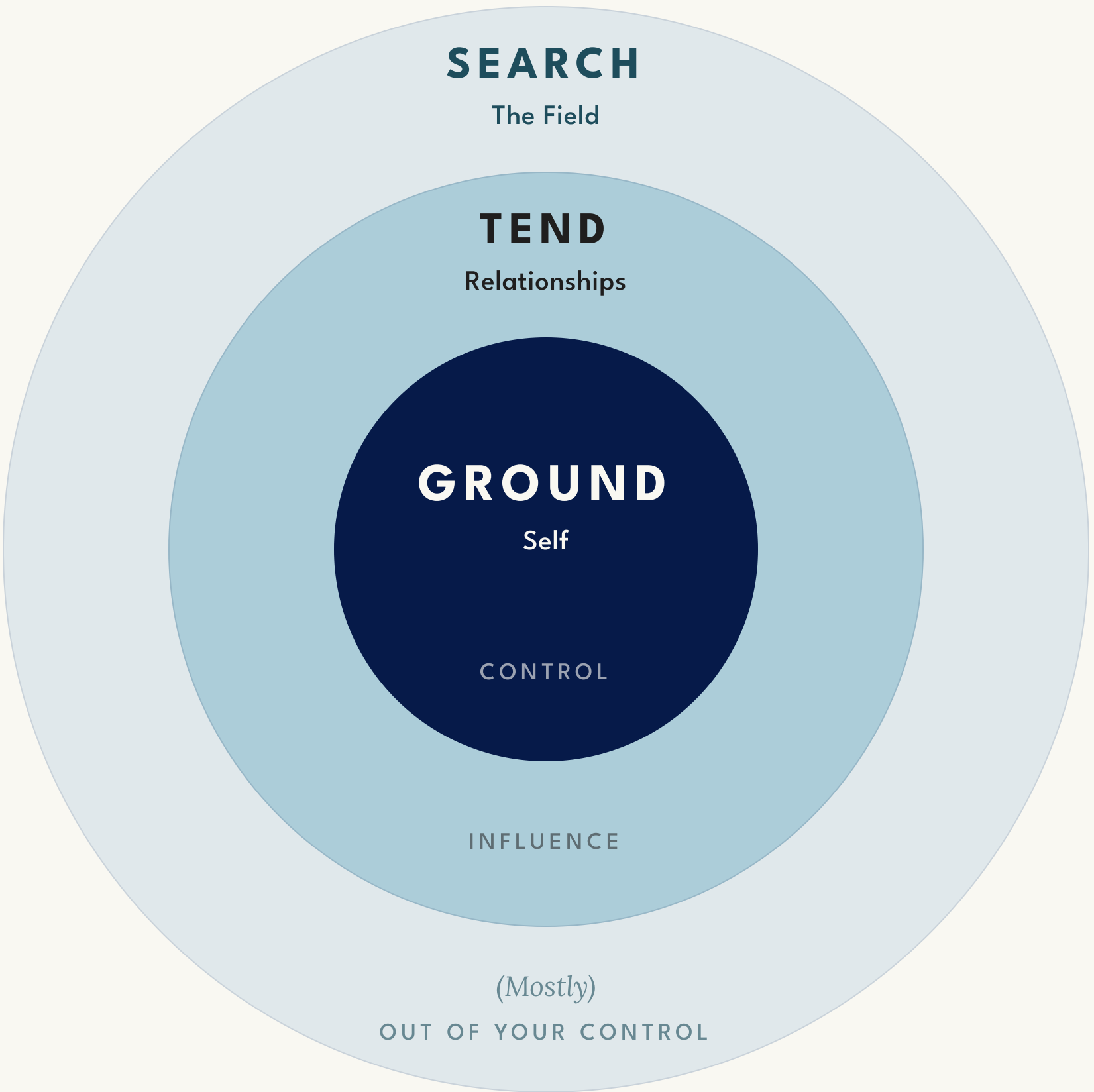
This is your story; what's in your control is how you show up, what you say yes to, the asks you make, and the work you do.

■ INFLUENCE

The action you take influences your relationships and shapes outcomes; you're part of shaping team culture, advocating for

what you believe in, asking for feedback, and motivating the people around you.





Start with yourself, travel outward. Repeat.

Developing a strong sense of yourself propels your networking and job searching forward. The search process requires a flow between grounding in yourself, tending to important relationships, and tactical steps of searching for the right opportunity.

■ GROUND YOURSELF

THE CONTROL RING

Your values, integrity, and story live here, along with the tools you use to introduce yourself and describe your work.

■ TEND YOUR RELATIONSHIPS

THE INFLUENCE RING

Your professional contacts know you and can speak to your work; reach out to warm ties with specific asks, care for and utilize those important relationships.

■ SEARCH THE FIELD

GROUND · TEND · SEARCH

A few action steps in each ring.

GROUND YOURSELF

THE CONTROL RING

Sort what feels hard into control, influence, and out of your control.

Revisit your values and what gives or drains your energy.

Write down what you've accomplished so far this cycle and what you've learned along the way.

Start updating your resume - check out Arena's resume tools for help.

Start updating your LinkedIn profile - check out Arena's LinkedIn Guide for help.

TEND YOUR RELATIONSHIPS

THE INFLUENCE RING

Ask two to four people with whom you're currently working for feedback using our Feedback Collection Tool.

Map who is in your network - think through former and current bosses, colleagues, mentors, mentees, and friends.

Schedule three conversations with people from your map who can help you expand your network or deepen your knowledge.

Identify an accountability buddy who will hold you to your networking and job searching goals, and set a specific check-in date.

SEARCH THE FIELD

MOSTLY OUT OF YOUR CONTROL

Review the 2026 Empower I Job Search Resources and identify the two or three job boards/listservs worth your time.

Track where you applied so you can follow up and follow through.

Identify where a relationship you hold can help you get in the door.

Clarify what should happen prior to election day and what can wait until after.

TEND · MAP YOUR RELATIONSHIPS

SOLO · 5 MINUTES

Build the map

Fill in your relationship map.

BREAKOUTS OF 3 TO 4 · 20 MINUTES

Take a turn

Each person gets the group's attention. Say out loud:

One to three people on your map you want to reach out to, and the specific ask for each.

The doubt or the hesitation, if you have one.

What you need from yourself to take the leap.

Before you leave the room, pair up with an accountability partner from your group.

WHOLE GROUP

Debrief

We come back together and you each name a commitment you're making to yourself.

Relationship Map networking-relationship-map.netlify.app Everything you type saves in your own browser. Nothing is sent anywhere.



PEER ACCOUNTABILITY PARTNERS

The transition sessions are a long way from tonight. A partner is the thing that carries a commitment across that gap.

01

Pair up now, and exchange contact information during the session rather than afterward.

02

Tell each other the commitment you named, and what you want to be asked about when you check in.

03

Set one check-in date before Transition #1, and put it on both of your calendars.

Asks & Offers Board [figma.com/board/uNmpJ6HDkUzKGfy2kiLE3h](https://www.figma.com/board/uNmpJ6HDkUzKGfy2kiLE3h)

Where this stays alive between sessions. Post what you need, and post what you can offer someone else.

WHAT COMES AFTER ELECTION DAY

Three sessions to close the cycle and turn what you've built here into a plan.

TRANSITION #1

Gathering Feedback & Articulating Growth

Open the lines of communication with the people you work with, so you understand your strengths and where you want to grow. The feedback ask you draft today is what you bring here.

TRANSITION #2

Telling Your Empower Story

Talk about your experience this cycle and articulate how you hope to keep building. This is where the resume, the profile, and the way you introduce yourself get sharp.

TRANSITION #3

Launching Your Job Search

Move forward with a concrete plan. Your relationship map, your three conversations, and your accountability partner all come back to the table.

Between now and then, the work is the check-in with your partner and the conversations you named tonight.

Next Steps

- **Take our brief session survey.**
- **Sign up for your coaching sessions** if you haven't already. The booking links are on the program page at **empower.workbettertogether.coach**.
- **We'll reach out in October** to schedule your transition sessions.

