My network

How to ask people to be part of my life
● To find people I like to be part of my life that I want to be friends with
● Think of people who are in my life that I like
● Choose who I want to invite into my network
● Get to know people better
Develop, Be open

- Build trust with my friends
- Try new activities and meet new people
- What goals look like to me
- Feel comfortable to express what I want
Live the life you want

- Take the lead – and take ownership of my life
- Feel supported to make my own decisions in my life
- Be part of my community
- Make the network part of my network
DESC effective communication

By Bower and Bower

- D Describe the situation you want to change
- E Express (one emotion)
- S Specify what you would like different
- C Consequence - the positive outcome when the change has been made

Emphasize 4 sentences
Thank you!
Please take the time to give us feedback.

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