



Partners in Employment E-learning Course

Worksheet – My Personal Network

Updated: December 2020

Your personal network can help you plan a career and find jobs. They can help you understand your skills and abilities, find open positions and get ready for interviews. Use this worksheet to identify some of the people in your personal network.

INSTRUCTIONS:

1. Identify at least one person for each ring.
2. Record the contact information for each person.

FIRST RING

These are people who are closest to you and know you best, like parents, siblings and your best friends.

FOURTH RING

“Professionals” who work with you, like case workers, counselors, VR consultants, and personal care assistants.



THIRD RING

People who know you from school or work. They could be classmates, teachers, coaches, former co-workers or former supervisors.

SECOND RING

Friends, neighbors and people that you know – and who know you – through church, clubs, community activities or organizations.

First Ring of Your Circle of Support Family & Close Friends				
Name	Relationship to You	Telephone #	E-mail	Address

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Second Ring of Your Circle of Support <i>Friends & Neighbors</i>				
Name	Relationship to You	Telephone #	E-mail	Address

Third Ring of Your Circle of Support <i>School & Work Contacts</i>				
Name	Relationship to You	Telephone #	E-mail	Address

Fourth Ring of Your Circle of Support <i>Service Providers</i>				
Name	Relationship to You	Telephone #	E-mail	Address