

# Your Networking Contacts

Brainstorm your network list and write the names, contact information and results for your contacts and set a date to begin networking. Remember, your network includes friends, family, acquaintances, previous co-workers and the people they refer.

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

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**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

**Name:** \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Date contacted: \_\_\_\_\_ Results: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Comments: \_\_\_\_\_

*Reminder: Let them know what skills and strengths you possess and what kinds of jobs you are looking for. Ask them if they know of any jobs or people they can refer you to. Remember to follow up with a thank you note or email.*