

EXPAND YOUR NETWORK



Go beyond your immediate family and friends-expand your network and think BIG. You may be surprised who will support you - nearly everyone has been affected by cancer in some way. Consider how you will reach out to contacts - will it be via phone, email, Facebook, writing letters?

FAMILY	<ul style="list-style-type: none"> ■ Distant relatives <ul style="list-style-type: none"> • Who did you see at holidays this last year 	
FRIENDS	<ul style="list-style-type: none"> ■ Friends from different periods in your life <ul style="list-style-type: none"> • Grade school, high school, college, grad programs or fellow students ■ Informal groups of clubs <ul style="list-style-type: none"> • Book clubs, poker night, connection groups, sport groups or religious groups 	
DISTANT CONTACTS	<ul style="list-style-type: none"> ■ Invitations and Cards <ul style="list-style-type: none"> • Who did you invite to your graduation, wedding, showers? • Who do you send holiday or family cards to? ■ Consider people you network with or live around. <ul style="list-style-type: none"> • Sorority/ fraternity sisters/brothers • Neighbors • Anyone you recently supported or participated in a charity event, 5k, or cycling event • Acquaintances or friends of friends • Golf or country club friends • Places where you have a membership • Alumni from college or university 	
COMMUNITY	<ul style="list-style-type: none"> ■ How are you involved in your community? <ul style="list-style-type: none"> • Volunteer activities/ organizations • Children's activities • Civic or religious organizations • Facebook groups • Connections on social media • Anyone with a team roster • Anyone affected by cancer 	
DAILY ACTIVITIES	<ul style="list-style-type: none"> ■ What does your average day look like? ■ What businesses do you frequent? <ul style="list-style-type: none"> • Grocery stores, dry cleaners, gyms, salons (hair/ nails), restaurants • Doctor, dentist, mechanic, attorney, veterinarian, insurance agent, post man/ woman, dry cleaners 	
CO-WORK-	<ul style="list-style-type: none"> ■ Ask an outside department or direct contacts. <ul style="list-style-type: none"> • Outlook contacts, office directory ■ Former co-workers from previous jobs 	
BUSINESS CON-	<ul style="list-style-type: none"> ■ Who do you regularly interact with? <ul style="list-style-type: none"> • Clients, partners, vendors ■ Where does our business regularly spend money? ■ Review your LinkedIn network. 	
GROUPS	<ul style="list-style-type: none"> ■ Different organizations whose meetings you attend regularly <ul style="list-style-type: none"> • Chamber of Commerce, municipal meetings ■ Networking Groups <ul style="list-style-type: none"> • Industry groups, professional associations 	