

2.3.4. Technical Sheet Mapping Network Relations

Activity Identification	Dimension	Number of Participants	Duration (minutes)
11 Mapping Network Relations	World Knowledge	8 – 12	30

The aim of the activity

To help the participants become aware of and create an image of their actual social life and network. Mapping network relations enable the participants to explore and discover supporting resources and opportunities available to them when working on reaching one or more goals.

This activity will also help the participants identify, find and contact the persons who will support them in their life-changing project and discover meaningful relations from their network and the community.

When going through a transition, it is important to have support and encouragement from others.

Keep in mind: That it is also important that the participants identify eventual relations that are not that beneficial for them in reaching their goals.

Preparation

Print handout: **11 A and B Mapping Network Relations (DIAGRAMS)**

Ahead of this activity: Read the chapter of Social System theory and ecological approach in the conceptual framework and the pedagogical chapter in the toolbox role model regarding the role models.

Instructions

1. Ask the participants to brainstorm and think of people from their present network in the 4 categories:
 - Friends
 - Family
 - Former and present colleagues and fellow students or people with whom they previously worked with.
 - Acquaintances: More remote connections, e.g., Public persons, teacher, church, bank, hairdresser, social worker, sports coach etc.
2. Hand out the empty diagram of mapping network relations using the Handout A, (step 1). If it is possible, then ask participants to place them based on how often they see them using Handout B (step 2). Ask the participants to fill in following the instructions on the sheet.



3. Ask the participants to fill out the questionnaire (step 3 - guiding questions). This will help them reflect and select the persons who can assist them in achieving their goals.
4. End the activity having the participant share their feedback, thoughts and emotions on the activity.

Observations / Suggestions

To help the participant see how the development of one's social network and the process of change at the end of the programme, you can ask him or her to fill out the network diagrams at the end of the programme. In doing so, the participant will be able to compare the two diagrams and discover how his or her personal social network map has changed.

Source / Links / Further Information

From the perspective of the systems theory and the ecological approach, the participant interacts with the individual and social system.

Actual version of this tool can be found here: <https://live2work.eu/go/mapping-network-relations/>