Do you want to activate your network or improve your networking skills and learn more about Network Weaving?

The Nurturing and Weaving Networks Suite of Resources may be one place to start.

These consist of:

- This self-assessment questionnaire
- A curiosity poster, which offers some places to start exploring network weaving.
- A tools and resources booklet to support you and your networks.
- The Reflective workbook, to help understand your networks and roles within them.

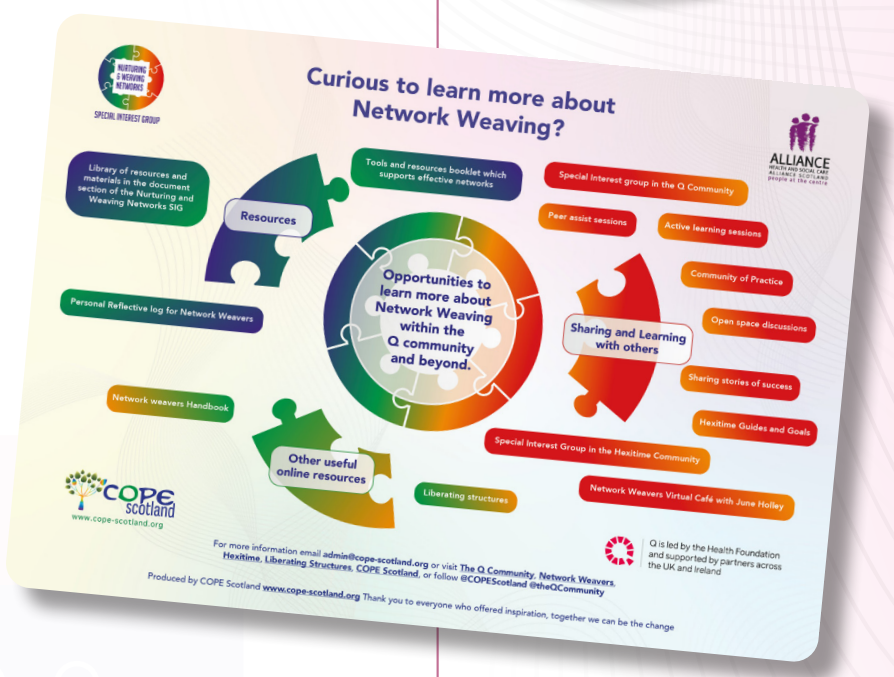
These resources can be downloaded from **www.copescotland.com**

HERE

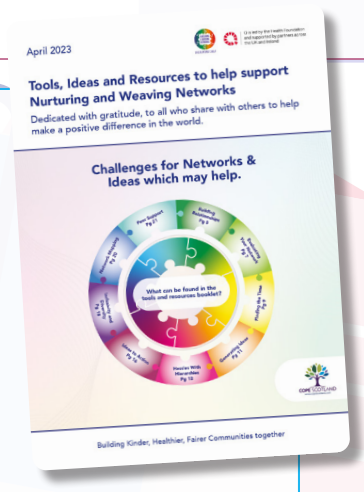
Where do I start?

Before exploring the tools and resources booklet and reflective workbook you may find it helpful to identify which areas you want to develop or give attention to. The self-assessment questionnaire can help you do that. Each question relates to a page or chapter in the suite of resources.

There are 14 questions. Rate each statement from 1 to 5 where 1 is strongly disagree and 5 is strongly agree. Then prioritise from your responses the areas you would like to work on first. We are all busy, please be realistic and kind to yourself. It is better to pick one area to focus on than 14 and find it hard to then take the next steps. If there are a couple, you feel are interlinked then determine for yourself your capacity to work on these. Take a moment to also capture why these are a priority for you. Once you have identified your priorities, you can then dip into the other materials in the suite of resources for ideas on actions to take, or areas for reflection. The following offer the headings in the other resources.



Tools, Ideas and Resources to help support Nurturing and Weaving Networks

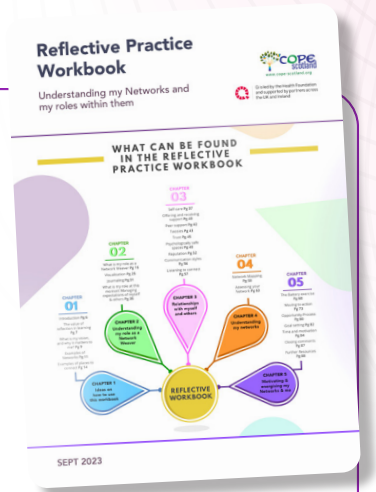


The tools and resources in this booklet were identified listening to many stakeholders as being some of the elements most helpful to support our networks.

Pg 4 Curious to learn more about Network Weaving?
Pg 5 Building relationships
Pg 7 Evaluating your Network
Pg 9 Finding the time
Pg 11 Generating Ideas
Pg 13 Hassles with Hierarchies
Pg 16 Ideas to action
Pg 18 Inclusivity and Diversity
Pg 20 Network Mapping
Pg 21 Peer Support asking for and receiving help as well as offering it

Reflective Workbook

Understanding my Networks and my roles within them



This workbook offers space to reflect on the networks we are part of and our roles within them. Each chapter offers ideas and resources which may be helpful for you and the networks you are a part of.

Chapter 1: Ideas on how to use this workbook
Chapter 2: Understanding my role as a Network Weaver
Chapter 3: Relationship with myself and others
Chapter 4: Understanding my Networks
Chapter 5: Motivating & energising my Networks and me

Please do the self assessment questionaire at a time when you can make space to pause and think about your answers. Do it because it has meaning for you. You may find it helpful to repeat this in a period that works for you, to see what, if anything, has changed. Remember, the questions in the self-assessment align with the sections in the tools and resources booklet and reflective workbook. Please refer to the relevant section for areas where you may want to increase your scores.

The fields in the assessment are editable once downloaded.

Date Completed: ..... Planned date for Review: .....

SELF-ASSESMENT QUESTIONNAIRE

Please Circle the Answer best reflects your opinion.

(We may have different experiences in different networks. Use this questionnaire to focus on a specific network you want to develop)

Q1. I feel comfortable asking others for support for my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q2. There is a high level of trust in my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q3. I have the knowledge and skills to support the effectiveness of my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q4. I find it easy to make time to invest in my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q5. My network finds it easy to generate ideas.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q6. Power is balanced within my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q7. My network move easily from ideas to action.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q8. My network is inclusive and diverse.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q9. I am confident in mapping and assessing my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q10. My network has a clear vision.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q11. I understand and am confident in my role as a network weaver.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q12. There are strong healthy relationships within my network.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q13. I and other network members are energetic and motivated.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Q14. I am mindful of my own self-care requirements.

Strongly disagree — 1 — 2 — 3 — 4 — 5 — Strongly agree

Anything else you would like to add:

My initial priorities are:

I have chosen this as a priority because:

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With thanks to members of the Q Community, Hexitime, NES, HSE National QPS Directorate and the Nurturing and Weaving Networks SIG who kindly offered their thoughts and suggestions in helping design this resource. Working together we do achieve more"

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