

Strengthen: Make your networks work for you



Australian Government
Department of Industry, Science,
Energy and Resources



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How do you get the most out of your network?

Whether you have a small or large network of personal and professional people, there's always a benefit in growing and strengthening these relationships. You may be able to help a fellow small business owner through sharing your experiences, and a stronger network means more people for you to check in with when facing your own challenges.



Growing your network

- Meet-ups, you do not need to start your own, many already exist, find one that suits you.
- Find support through your local chamber of commerce.
- If you work from home, consider working at a co-working place, which can help you separate work life from home life, reduce any feeling of isolation or loneliness, and help you network and feel part of a community.
- Find other small business owners on social media, like LinkedIn, Twitter or Facebook - where you can explore groups, find others who you can relate to and connect with.



Check out our **tips** on how to strengthen your network.



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How to strengthen your network

There are things you can do to strengthen your network.
How many of these do you do?



Connect regularly

This means more than social media posts only. Where possible, try to build relationships face to face. Who have you been meaning to catch up with but have not made the time?

Check out other ways to connect from **5 ways to wellbeing**.



Use your network

Your network is a tremendous resource, so use it! Reach out to a fellow business owner in a similar industry to talk about the challenges, or to your tax agent to talk about stress during tax time, or to a mentor about strategies to deal with cash flow issues. When is the last time you asked your network for help with something?

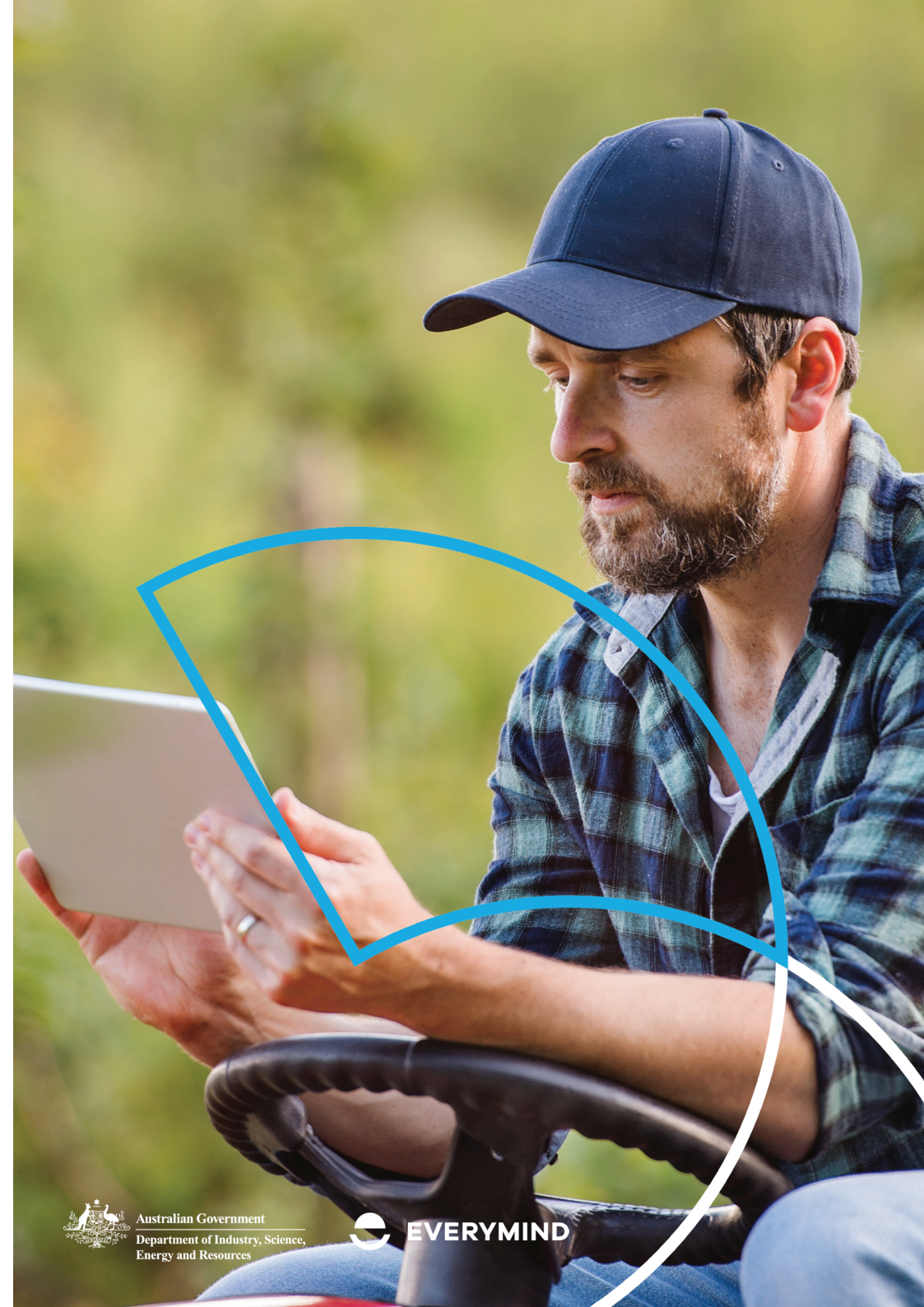


Give back

Remember, it's not just about you. Relationships are two-way and by giving back to your peers you build trust and give others even more reason to communicate with you! So, try giving advice when asked, or attending industry events, connecting others for mutual benefit, sharing your own tips and tricks and congratulating others' achievements on social media.

Reflect: Understand your current networks

View toolkit to learn more about peer networks and why they are important.



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This toolkit is part of recommendations made by the Small Business Wellbeing and Support Policy Team (Department of Industry, Science, Energy and Resources), following collaboration with small business and mental health representatives.

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