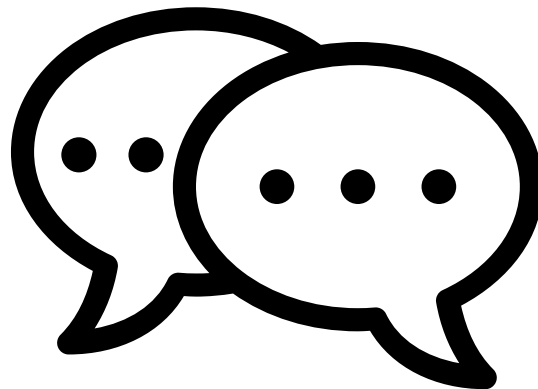


Start Connectworking®

*A 30-day practice for
job-seekers who hate
networking*



Welcome!

Over the next 30 days, you'll practice a more natural, human approach to your job search; one built on curiosity, connection, and small actions that add up over time. Each day invites you to engage with people in ways that feel doable, respectful, and real.

Why does this matter? Because job searches aren't just about roles; they're about relationships, energy, and timing. Connectworking® helps you stay present and proactive while those pieces come together, without forcing outcomes or faking confidence.

This practice won't guarantee a job. What it will do is help you build connection and momentum. And thirty days from now, even if you don't have an offer, you'll be more connected to people—and that's where opportunity begins.

Jen

How to Use This Workbook

- Focus one page per day
- Spending 10–15 minutes is plenty
- If you miss a day, don't stress. Life happens. Just pick back up where you left off.
- If a day feels uncomfortable, pay attention. Discomfort often means you're stretching in a way that matters.
- Messy handwriting and doodling are encouraged

Take what helps.... leave the rest.

Using Connectworking for Job Search

Especially with people you don't know (yet)

Connectworking works in job search because many opportunities still begin with people, not postings. This page is here to help you use what you've been practicing in a way that feels natural, respectful, and aligned with how real humans actually connect.

When you apply Connectworking to job search, the goal shifts slightly. You're not trying to impress, pitch, or ask for anything. You're learning, becoming more visible, and getting comfortable having real conversations with people in roles or industries you're curious about.

This is how connection turns into opportunity over time.

Who Connectworking Is For in Job Search

You can use Connectworking with:

- People in roles you're curious about
- People adjacent to roles you're exploring
- Friends-of-friends or light second-degree connections
- People whose career paths interest you
- You don't need a "perfect reason" to reach out. Curiosity is enough.

How to Approach People You Don't Know

- Keep it simple and human.
- Lead with interest, not your résumé.
- Ask about their experience, not openings.
- Keep the interaction short and respectful.
- Let the conversation set the pace.
- Think of these conversations as learning moments, not transactions.

Strangers are just people you haven't met yet.

Using Connectworking for Job Search

Especially with people you don't know (yet)

What This Is (and Isn't)

This is:

- Learning how roles actually work
- Building familiarity and confidence
- Letting people experience you as thoughtful and curious
- Becoming more comfortable with connection

This isn't:

- Asking for a job
- Pitching yourself
- Forcing outcomes
- Turning every conversation into a lead

What Success Looks Like

In Connectworking, success isn't a referral or a job lead.

Success looks like:

- A good conversation
- A useful insight
- Feeling more confident reaching out next time
- Being remembered positively

Those moments compound and often lead to opportunities when the timing is right.

Carry This Forward

Connectworking supports both your job search and your life beyond it. Since many job opportunities come through people, these are skills worth carrying forward long after this chapter closes.

Conversations come before opportunities.

Reconnect With Your Real Self

Day 1: You Are Still You

Why this matters

Being laid off can quietly mess with your identity. Before you reach outward, you need to remember who you are without a badge, title, or box full of business cards.

Today's practice

List five things that have nothing to do with work that are still true about you.

Reflection

What part of you has been ignored since your job ended?

You don't need a perfect plan to move forward.

Reconnect With Your Real Self

Day 2: Separate Fact from the Story

Why this matters

A layoff or job departure is an event; the meaning you assign to it is optional... and powerful.

Today's practice

Finish these two sentences below. Circle anything in the second sentence that feels heavy or harsh.

The event that happened was...

The story I've been telling myself about it is...

Reflection

Which part of the story feels borrowed from fear rather than fact?

An ending doesn't define your worth; it reveals your resilience.

Reconnect With Your Real Self

Day 3: Remember Your Strengths

Why this matters

Confidence doesn't come from job boards. It comes from remembering your own capability.

Today's practice

Write down three moments from any time in your life when you handled something hard.

Reflection

What do these moments say about how you show up under pressure?

Reconnect With Your Real Self

Day 4: Release the “Should” Energy

Why this matters

“Should” creates pressure; and pressure kills connection.

Today’s practice

List three “I should be...” thoughts you’ve had about your job search.
Rewrite each one starting with: “What actually matters to me right now is...”

Reflection

How do you feel when you let yourself off the hook?

Reconnect With Your Real Self

Day 5: Name Your Season

Why this matters

Not every season is about momentum... some are about recalibration.

Today's practice

Complete the below sentence honestly.

Right now, I am in a season of:

Reflection

What does this season need from you most?

You don't rush seasons; you move through them.

Reconnect With Your Real Self

Day 6: What You Want to Feel

Why this matters

Job searches often ignore how you want to feel. That's backwards.

Today's practice

Write three words describing how you want to feel in your next role or next chapter.

Reflection

Which of these feelings have you been missing lately?

Feelings are data, not distractions.

Reconnect With Your Real Self

Day 7: Weekly Reset

Why this matters

Reflection locks in progress. Without it, everything feels like effort.

Today's practice

Write a short note to yourself starting with:

This week reminded me that I am

Reflection

What surprised you about yourself this week?

You are still here. That matters.

Reach Out & Reconnect

Day 8: Start with Safe People

Why this matters

You don't rebuild confidence by reaching for strangers first.

Today's practice

List three people you already know who feel safe, steady, or kind.
No agenda, just names.

Reflection

Who makes you feel more like yourself?

Connection doesn't require courage when it starts with trust.

Reach Out & Reconnect

Day 9: Send a No-Pressure Message

Why this matters

Most people avoid outreach because it feels transactional. Today isn't that.

Today's practice

Send one short message: "Hey, I was thinking about you and wanted to say Hello. No agenda; just checking in." That's it.

Reflection

What did you expect would happen, and what actually happened?

No agenda is an agenda people can feel.

Reach Out & Reconnect

Day 10: Reconnect with Curiosity

Why this matters

Good conversations aren't impressive—they're curious.

Today's practice

Ask one open question in a conversation today: "What's have you been working on lately?" or "What's something you're excited about?"

Reflection

What shifted when you listened without planning your reply?

Curiosity builds bridges faster than confidence.

Reach Out & Reconnect

Day 11: Let Yourself Be Known

Why this matters

Staying hidden limits what connection can become.

Today's practice

Drop the filter and share one honest sentence about where you are right now.

Reflection

What did it feel like to be real instead of polished?

Being human is not oversharing.

Reach Out & Reconnect

Day 12: Notice Who Responds

Why this matters

Not everyone will show up. That's information, not rejection.

Today's practice

Write down who responded warmly this week. Do not analyze the ones who didn't.

Reflection

What patterns are you noticing about who leans in?

Energy tells the truth faster than words.

Reach Out & Reconnect

Day 13: Thank Without Owing

Why this matters

Gratitude lands best when it doesn't come with obligation.

Today's practice

Thank one person simply for being supportive. Add nothing else..

Reflection

How did this feel different from "networking"?

Gratitude without leverage is rare... and powerful.

Reach Out & Reconnect

Day 14: Weekly Reset

Why this matters

This week was about warming the room, not working it.

Today's practice

Finish this sentence:

Reaching out feels easier when I

Reflection

What made connection feel more human this week?

You're building trust, not transactions.

Radiate Generosity

Day 15: Share a Resource

Why this matters

Generosity rebuilds confidence without self-promotion.

Today's practice

Share an article, podcast, or idea with someone who might appreciate it.
No need for detailed explanation.

Reflection

How did it feel to offer value without expecting anything back?

Generosity shifts the power dynamic.

Radiate Generosity

Day 16: Celebrate Someone Else

Why this matters

Celebrating others reminds you there's room for everyone.

Today's practice

Acknowledge something specific someone did well; privately or publicly.

Reflection

What did you notice in yourself when you celebrated them?

There is no scarcity in encouragement.

Radiate Generosity

Day 17: Make a Small Introduction

Why this matters

Connecting others strengthens your sense of contribution.

Today's practice

Introduce two people who might benefit from knowing each other. Keep it light.

Reflection

How did it feel to be a connector instead of a seeker?

You're useful even while figuring things out.

Radiate Generosity

Day 18: Notice Your Natural Value

Why this matters

Your strengths show up most when you're not trying.

Today's practice

Write down three ways you naturally help people; personally or professionally.

Reflection

Which of these feels most like you?

Trust what comes naturally to you.

Radiate Generosity

Day 19: Follow Up Kindly

Why this matters

Consistency builds trust quietly.

Today's practice

Send a simple follow-up: "Thinking of you. I hope things are going well."

Reflection

How does follow-through change how you see yourself?

Trust is built on follow-through.

Radiate Generosity

Day 20: Give Yourself Credit

Why this matters

Generosity includes yourself.

Today's practice

List three things you've done this month that required effort or courage.

Reflection

What are you proud of that you haven't acknowledged?

Progress counts even when it's quiet.

Radiate Generosity

Day 21: Weekly Reset

Why this matters

Giving shifts your energy; and others feel it.

Today's practice

Create a list:

This week reminded me that I still have these things to offer:

Reflection

How did generosity change your mindset?

Confidence grows when you contribute.

Follow-Through & Ripples

Day 22: Do What You Said You'd Do

Why this matters

Trust is built in the follow-through, not the first conversation.

Today's practice

Complete one small thing you promised someone, even if it feels minor.

Reflection

How does keeping your word affect your self-trust?

Small promises kept create big credibility.

Follow-Through & Ripples

Day 23: Keep the thread alive

Why this matters

Connections fade when we assume “someday” will magically appear.

Today’s practice

Reopen one conversation with a short, warm check-in.

Reflection

What makes staying in touch easier than you expected?

Consistency builds familiarity. Familiarity builds trust.

Follow-Through & Ripples

Day 24: Acknowledge the ripples

Why this matters

Your actions travel farther than you think.

Today's practice

Write down one positive ripple you've noticed from your Connectworking this month.

Reflection

How does seeing the ripple change your motivation?

Impact isn't always loud; but it lasts.

Follow-Through & Ripples

Day 25: Stay human

Why this matters

As momentum builds, it's tempting to "network harder." Don't.

Today's practice

Notice one moment today where you chose presence over performance.

Reflection

What helps you stay grounded?

Authenticity beats impressive every time.

Follow-Through & Ripples

Day 26: Let go of outcomes

Why this matters

Outcomes don't define the value of connection.

Today's practice

List one interaction you're releasing expectations around.

Reflection

What opens up when you loosen the grip?

Follow-Through & Ripples

Day 27: Name what's changed

Why this matters

You are not the same person you were 27 days ago.

Today's practice

Finish this sentence:

Compared to Day 1, I now feel

Reflection

What shifted most for you internally?

Growth is happening, even if you didn't track it.

Follow-Through & Ripples

Day 28: Weekly reset

Why this matters

Reflection turns effort into wisdom.

Today's practice

Write one thing you want to carry forward from this week.

Reflection

What feels sustainable about this approach?

This isn't a push, it's a practice.

Connectworking for Life

Day 29: Define your way

Why this matters

You don't need to do this like anyone else.

Today's practice

In your own words, write your personal definition of Connectworking.

Reflection

What makes this approach feel true to you?

Your way is the right way.

Connectworking for Life

Day 30: Carry it forward

Why this matters

These connection skills support both your life and your job search, now and moving forward.

Today's practice

Write one sentence beginning with:

From here on, I commit to connecting in a way that...

Reflection

How do you want people to feel after interacting with you?

Connection isn't a tactic; it's a way of moving through the world.

Pay it forward

Connection grows when shared

- Thank those who helped you
- Reach out to someone you can help
- Invite someone else to try this practice
- Share your wins and ah-ha moments with #connectworking
- Know a struggling job seeker? Gift them the book

Stop Networking, Start Connectworking

Create a list of people to connect with next

Who helped you?

Who can you help?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

When you change how you connect, you change what's possible

How to share #Connectworking

Connection doesn't end here

Connectworking was never meant to be a solo exercise. Real connection grows when it's shared, noticed, and passed along. If this 30-day practice shifted how you show up, even a little, you're already part of the movement.

Sharing doesn't have to be loud or perfect... it just has to be real.

Simple Ways to Share

Choose one (or more) that feels natural to you:

- Share a moment: Post about a small win, an unexpected conversation, or an ah-ha moment from the challenge.
- Spotlight someone: Acknowledge a person you connected with or learned from this month. Use #connectworking
- Tell the truth: Share how connectworking felt different from traditional networking.
- Invite one person: Forward this practice to someone who could use more human connection right now.

What to Say (If You're Stuck)

You don't need the perfect words. Try one of these starters:

- "This month, I'm practicing something called Connectworking... leading with curiosity and connection instead of trying to say the right thing."
- "A small connection I almost didn't make today ended up mattering more than I expected."
- "I'm learning that connection doesn't require an outcome... just presence."

Use the Hashtag

When you share, add #connectworking so others can find the movement, learn from your experience, and feel less alone in theirs.

Remember

This isn't about building a brand, it's about building bravery. One honest post can permit someone else to reach out, try again, or show up differently.

Connection multiplies when you stop keeping it to yourself.

