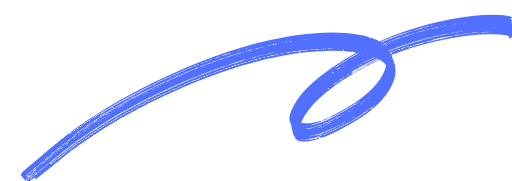




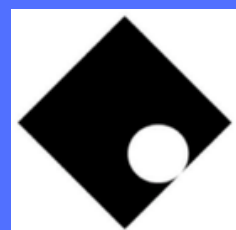
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26th May
14:00-16:00
ONLINE WEBINAR

**Create and
Increase
Your
*Network***



WEBMOMS EMPLOYABILITY SESSION

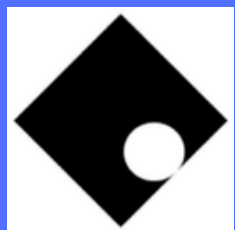


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Facilitator:
Swami Miani
European Projects, Gender &
Cultural Studies



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About the project WEBMOMS

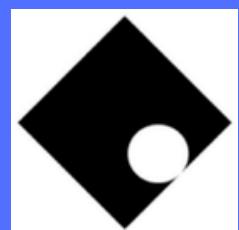
*Erasmus+ Project funded by the
European Commission.*

**WEBMOMS supports mothers who want to
enter or re-enter the job market through:**

- Digital and web development skills
- Soft skills and employability support
- Networking and career opportunities

The project focuses on:

- Full Stack Web Development
- Communication and teamwork
- CV & LinkedIn improvement
- Career guidance and employability



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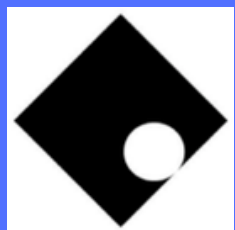
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One of the activities of the WEBMOMS project:

Employability Sessions

designed to help participants:

- recognise their skills and strengths
- improve employability competences
- prepare for the job market
- build confidence and professional awareness



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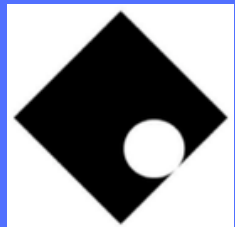


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Recap of the session



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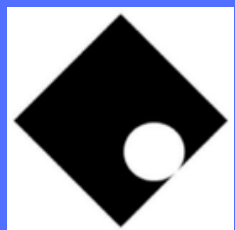




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Part 1: Understanding Networking

- What is networking?
- Why is it important in the job search?
- Formal vs informal networks
- Barriers to networking
- Mapping Your Network (activity)
- Your Network Tree



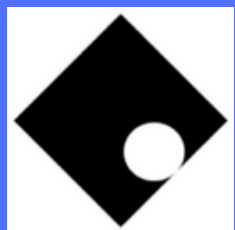
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Part 2: Building Your Network

- How to increase your network
- Strong ties and weak ties
- Reconnecting with Your Network (activity)



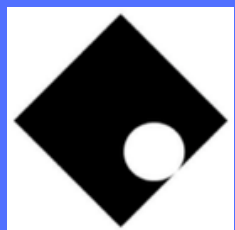
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Part 3. Networking in Practice and Evaluation

- Increase your network
- Small Actions
- Practical networking simulation (activity)
- Summary of key points
- Session evaluation
- WEBMOMS e-learning platform



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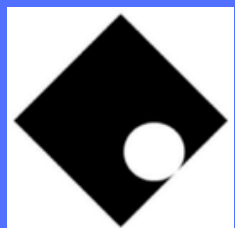
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Main goals

What will you learn in this session?

- What networking is
- Why networking is important in the job search
- How to build and expand your network
- How to overcome barriers to networking
- Small Actions

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What is networking?

Networking is the process of building and maintaining relationships with other people.

It includes:

- meeting new people
- sharing experiences and information
- creating professional connections
- supporting each other in personal and work opportunities



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Why is networking important?

discover job
opportunities that are not
always advertised

learn from other
people's experiences

get advice and support
in your career path

build professional
relationships over time

increase your visibility in
the job market



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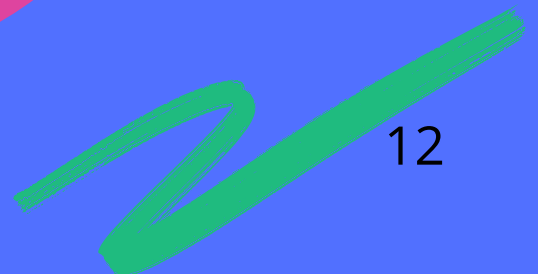
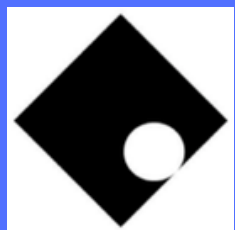
Types of Networking

Personal network

Professional
network

Online network

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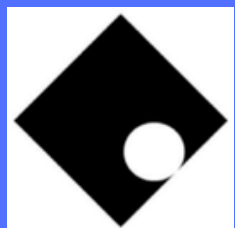
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Barriers to Networking

People may find networking
difficult for different reasons:

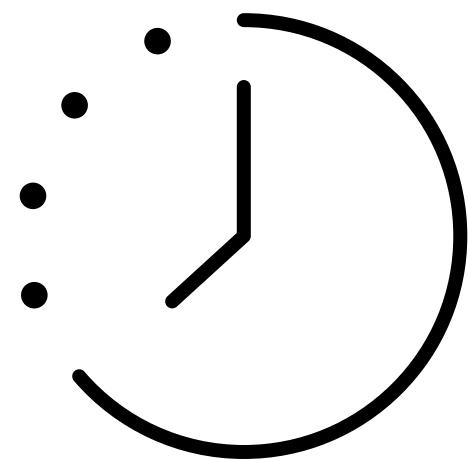
- Lack of confidence
- Fear of rejection
- Not knowing where to start
- Limited opportunities to meet new people
- Feeling uncomfortable talking about yourself
- Lack of time

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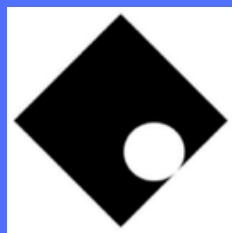




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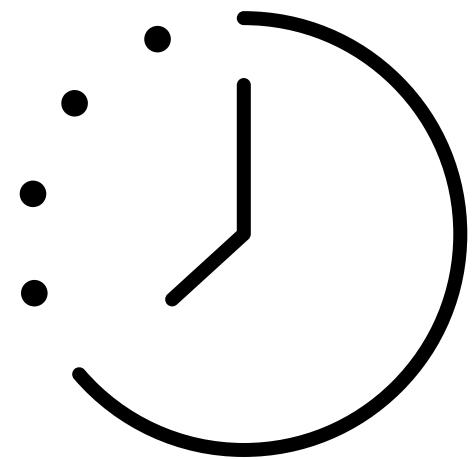
Barriers to networking



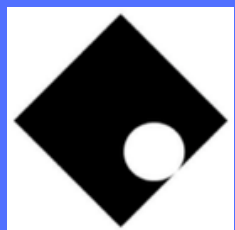
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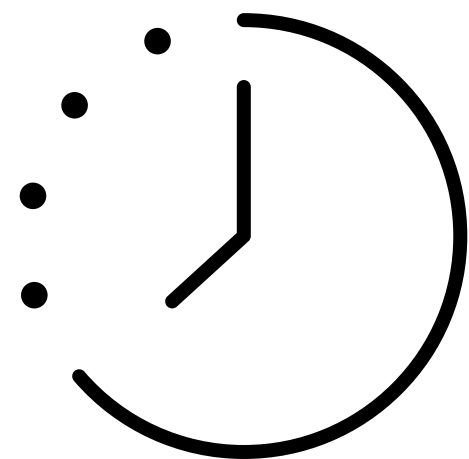
Mapping your network



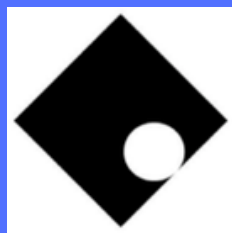
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Your Network Tree



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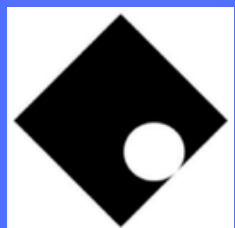


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Why Are Weak Ties Important?

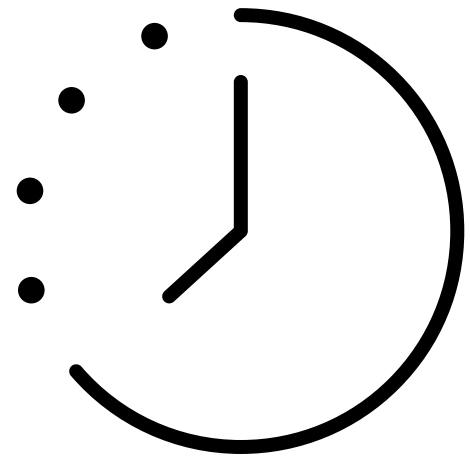
- They connect us to new people and environments
- They provide access to different information and experiences
- They can help us discover opportunities we may not find through our closest contacts
- They support personal and professional growth

Sometimes opportunities come from people we have not spoken to for a long time.



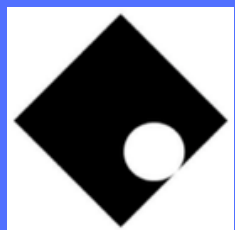


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Reconnecting with Your Network

Think about a simple way to reconnect with them, for example by sending a short message just to say hello or share something interesting.



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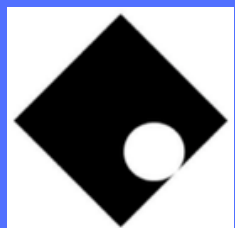
Networking Creates Opportunities

Opportunities can include:

- Job opportunities
- Collaborations
- Advice and support
- New information
- Mentorship
- Professional growth

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Networking is about building and maintaining relationships over time.





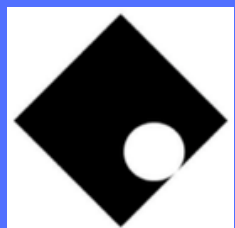
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How to increase your network

It includes other important
aspects, like:

- Attend events (career days, workshops)
- Use LinkedIn
- Talk to people in your field
- Stay active online
- Don't be afraid to reach out

Networking is a skill that can be developed over time.
Small actions can help you create and maintain professional connections.



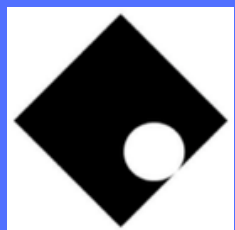


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Attend Events

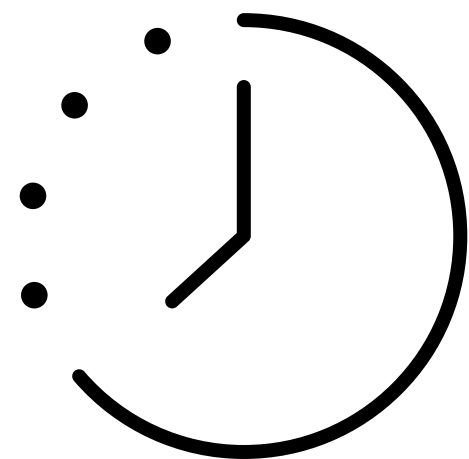
- Career Days
- Workshops
- Conferences
- Webinars
- Community events

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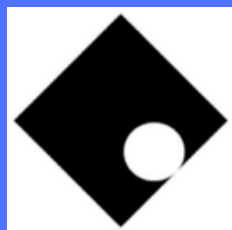




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Attend events



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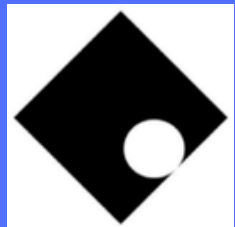


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Talk to People in Your Field

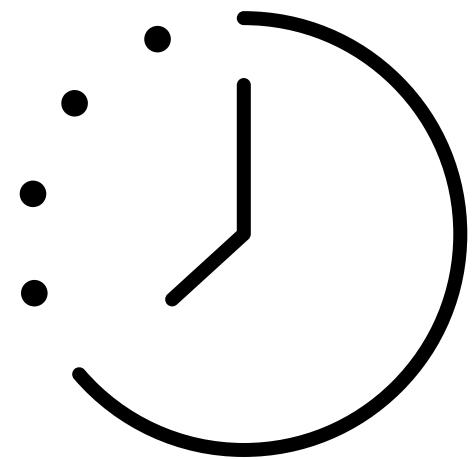
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- Ask questions
- Exchange experiences
- Learn from others
- Show curiosity

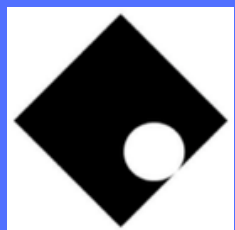




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Talk to people



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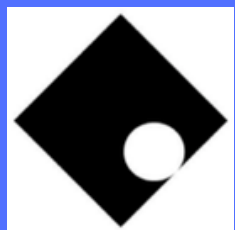
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Use LinkedIn

LinkedIn can help you:

- Build professional connections
- Follow organisations
- Discover opportunities
- Share your skills and interests

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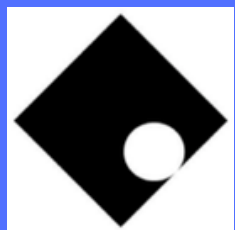




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Stay Active Online

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Being active online does not mean
posting every day.
You can:

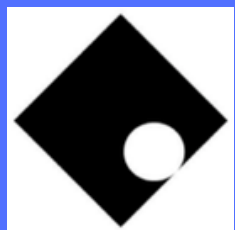
- Build professional connections
- Follow organisations
- Discover opportunities
- Share your skills and interests



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Don't Be Afraid to Reach Out

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Sometimes a simple message can start a conversation.
For example:

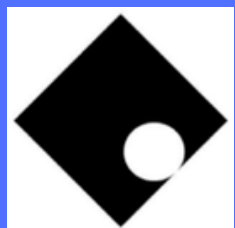
- Asking for advice
- Reconnecting with an old contact
- Thanking someone for their help
- Sharing an opportunity



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Networking Starts with Small Actions!

**You do not need hundreds of contacts.
You only need to start building and maintaining meaningful connections**

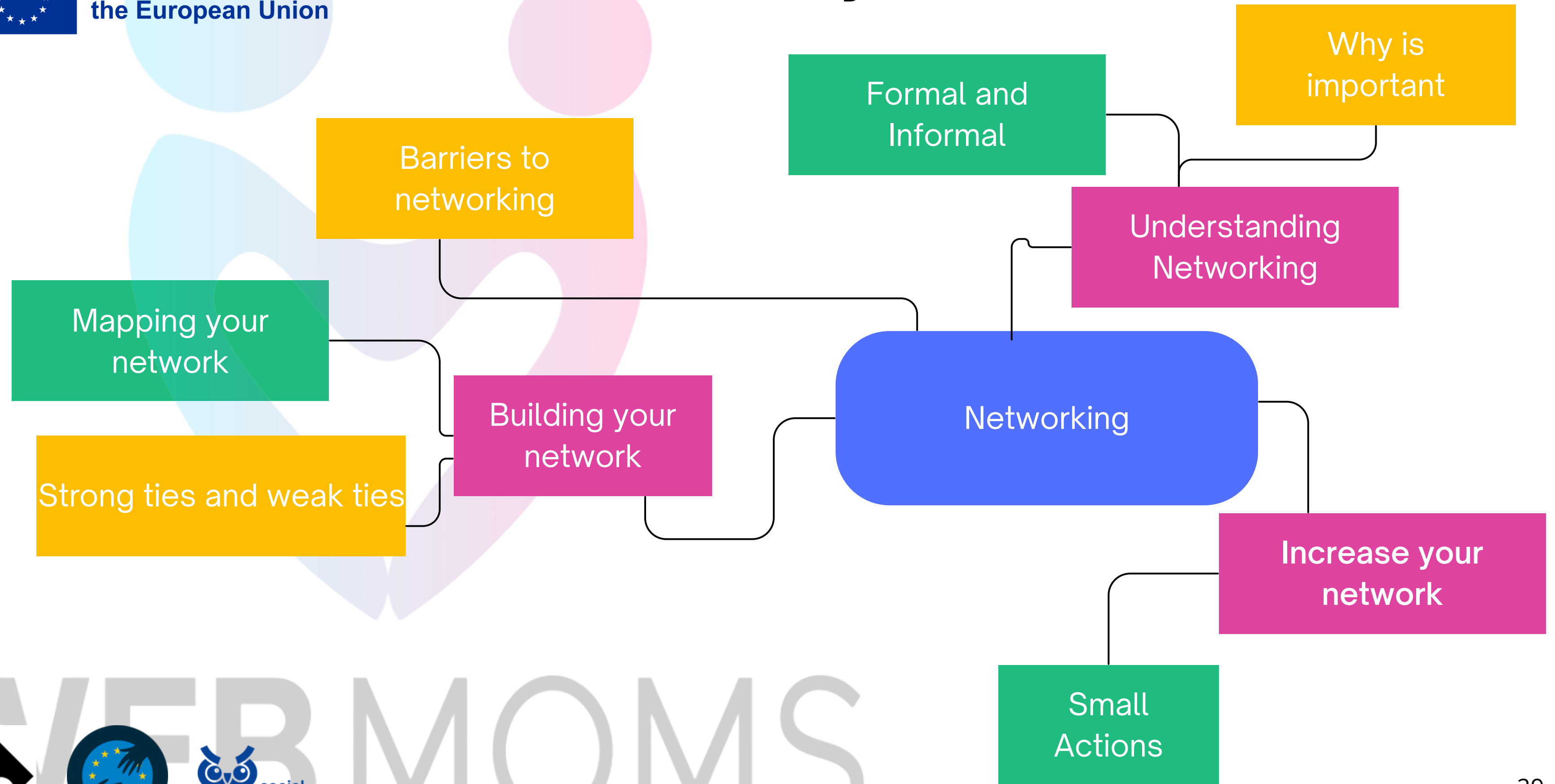


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Summary

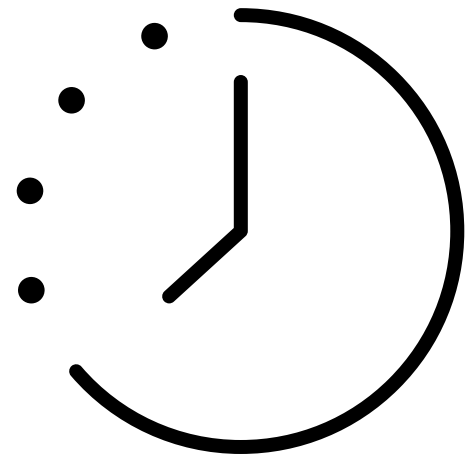


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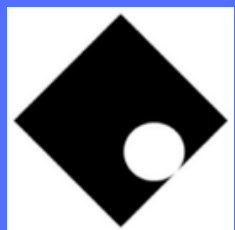


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Session Evaluation

What did you learn today?



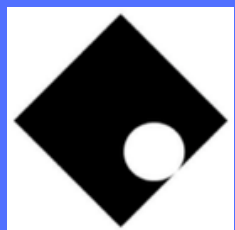
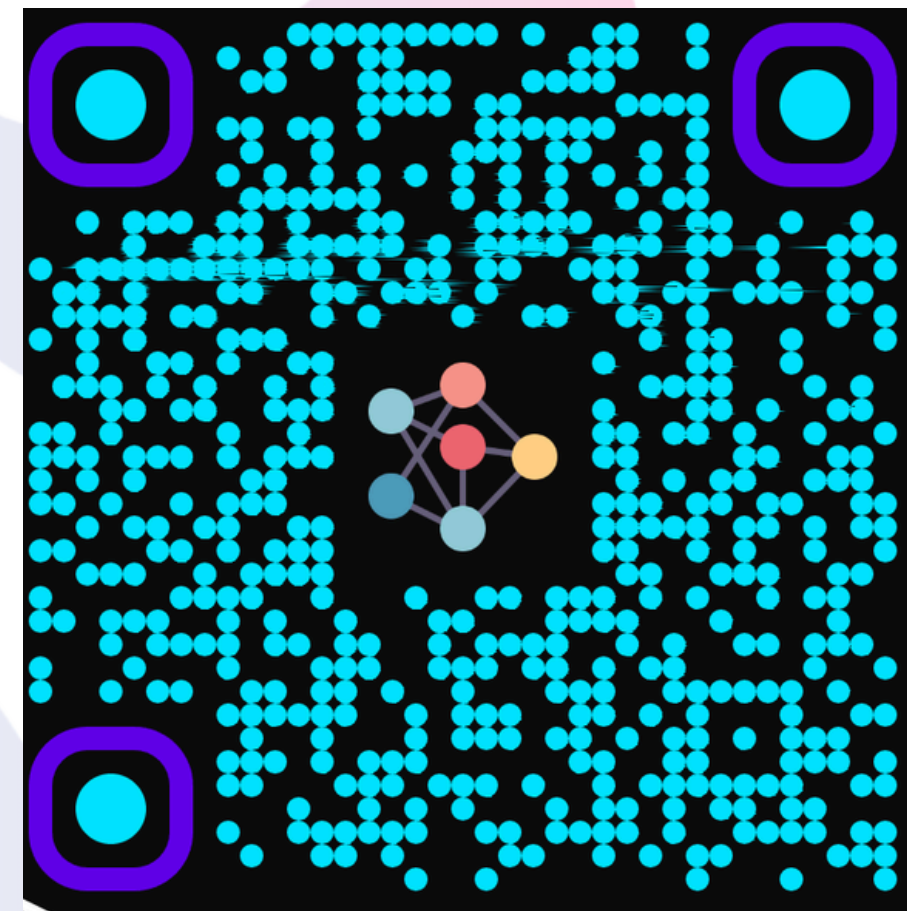
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WEBMOMS E-learning Platform

📌 Access learning materials and resources here

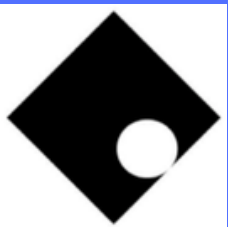


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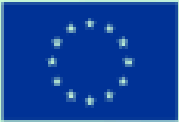


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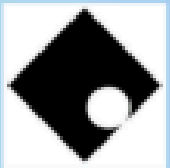
Full programme



Thank you!



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EMPLOYABILITY WEBINARS

Online webinars
Duration: 2 hours

- | | | |
|-----------------------|--|-------------------------------|
| 20/05
2026 | Skills, competences in the job search
2:00 PM | |
| 26/05
2026 | How to write an effective presentation letter
2:00 PM | |
| 04/06
2026 | Create and increase your network
2:00 PM | |
| 11/06
2026 | Crafting a Strong CV
1:00 PM | Sessions by
Swami Miani |
| 18/06
2026 | Mastering LinkedIn
1:00 PM | Sessions by
Zainab Allaham |
| 25/06
2026 | Mastering the Interview Process
1:00 PM | |

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