

## Who I Am / About Me

Name: \_\_\_\_\_

A word or phrase to describe this season of my life:

Current mantra or favorite saying:

Goals for being here:

Today will be successful if:

I want to learn more about:

I want to get connected to:

I challenge myself to:

**Key Notes**

Key Leader Speaker:

Title:

Notes:

Take Away Quotes:

Something to try:

How I will try it:

Questions for Q/A Session:



Key Leader Speaker:

Title:

Notes:

Take Away Quotes:

Something to try:

How I will try it:

Questions for Q/A Session:



Key Leader Speaker:

Title:

Notes:

Take Away Quotes:

Something to try:

How I will try it:

Questions for Q/A Session:

## Reflections and Resources

When reflecting on your goals today, how do you think you did?

Was today as successful as I thought it would be?

Did I learn what I set out to?

Did I make connections?

Have I accomplished my challenge?

**Networks to check out:**

BL<sup>2</sup>END

Latina Network of West Michigan

West Michigan Latino Network

Black Women Connect

West Michigan Latino Talent Initiative

West Michigan Asian American Association

GRABB – Grand Rapids Area Black Businesses

Start Garden

NAACP

Urban League Young Professionals

GGRREN – Greater Grand Rapids Racial Equity Network

Equity Drinks

Equity PAC

Sisters Who Lead

Latino Community Coalition

Hispanic Chamber of West Michigan

Grand Rapids African American Community Coalition

**Add more networks you learned about here:**

## Making Connections

This section is meant as a support, and guide as you connect with other YPCCers both today and in the months ahead. There are multiple elements to this tool, use what is helpful and be willing to stretch yourself a bit. Just as you felt the power of seeing people who looked like you showing up at today's conference, there is power in showing up as POC in spaces all over the city. It can feel isolating to be one of the only people of color in a restaurant, bar, or coffee shop, but when we are intentional about placing ourselves in these kinds of spaces, we remind other, and equally importantly, ourselves, that we are here and we belong.

Before deciding who you would like to connect with, consider the following:

- Peer: similar age/position
- Mentor: next stage of life/career
- Mentee: someone coming up
  - Same Industry
  - Similar Industry
  - Different Industry
  - Does not matter

### Questions and conversation starters:

Their mantra/favorite quote is?

What has stuck out to me so far and why?

Connections / groups we have in common?

What books/articles/movies are they watching?

What's the last thing that made them laugh really hard?

Where is their favorite place to relax?

### If you plan to connect after today, how are you going to connect?

Connection:

Social media, phone number, email:

Notes:

How will we connect:

Connection:

Social media, phone number, email:

Notes:

How will we connect:

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Connection:

Social media, phone number, email:

Notes:

How will we connect:

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Connection:

Social media, phone number, email:

Notes:

How will we connect:



### 15 / 30 / 60 Day

*These pages are for future connections, we recommend meeting at events, meetups . . .*

#### **Day 15 Questions to Ask (and be prepared to answer):**

Where there any action steps you took from YPCC and have tried?

Do you have any Health, Wellness, and/or Mental Health tips and tricks?

Next time you are meeting:

Notes:

#### **Day 30 Questions to Ask (and be prepared to answer):**

How do you find and give support in your community?

Do you have any favorite businesses owned by people of color that you support?

Next time you are meeting?

Notes:

#### **Day 60 Questions to Ask (and be prepared to answer):**

Are there events or networks that you have heard of/joined since the conference?

Next time you are meeting:

Notes:

**Day 15 Questions to Ask (and be prepared to answer):**

Where there any action steps you took from YPCC and have tried?

Do you have any Health, Wellness, and/or Mental Health tips and tricks?

Next time you are meeting:

Notes:

**Day 30 Questions to Ask (and be prepared to answer):**

How do you find and give support in your community?

Do you have any favorite businesses owned by people of color that you support?

Next time you are meeting?

Notes:

**Day 60 Questions to Ask (and be prepared to answer):**

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