

Use Your Team's Social Capital Exercise

This exercise is for all participants of the training, regardless of your role at DRS.

Individualized job development, or any individualized service for people with disabilities, gets best results when we rely on the focus person's team members to use their social connections to help the individual make connections. This type of support is an invaluable person centered tool for making real impactful connections. For this exercise you will explore your social connections and those of your team related to specific to 3 broad interests.

For this exercise:

Break out into groups of 4-5 at work during a project debriefing meeting. Your goal is to identify any personal connections to people, community places and business related to the 3 broad interest areas below. You have 30 minutes for your team to identify as many connections as possible related to the 3 headings. Your team must have a personal connection, must provide a name, address, and contact information. It's more important that you have strong connections than to have the longest list. The interest areas are broad so be creative and try not to repeat the same kind of connections.

- Specificity matters!
- Create actionable entries.
- Business Name. Address. Contact person.
- Note connection- how you got this business/contact.
- Use your phone: calls, text to co-workers, family, friends!!

The 3 interest areas are:

- Health & Fitness
- Children
- Agriculture

Be prepared to debrief with everyone.

Activity 30 minutes, debrief 5 minutes for each team.