Personal Report on the Social Capital of Your Network

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The breadth of your network

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Network size

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The personal diversity of your network

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The professional diversity of your network

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The depth of your network

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Relationship length increases with age

How often do you communicate?

How close are you with your contacts?
The structure of your network

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Visualizing the structure of your network

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Styles of social capital

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Dense networks

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Sparse networks

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Centralized networks

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The benefits you get from your network

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Even if we are not aware of it, we are constantly shaping our network. When we answer a request from a colleague, reject an invitation to a professional meeting, or stay in touch with an old friend, we are implicitly making networking decisions. But actively managing our professional network is not easy. We may even find it awkward. Left alone, however, most networks would become too homogeneous, too dense, or render people too dependent on a few contacts. Instead of benefiting from its social capital, we may become trapped in our own net. Leaders need to manage the social capital of their networks, because this capital is one of the foundations of successful leadership.
#### The benefits you obtain from your contacts

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<th>Contact</th>
<th>Technical Support</th>
<th>Influential Access</th>
<th>Emotional Support</th>
<th>Political Support</th>
<th>Solves Problems</th>
<th>Difficult to Replace</th>
<th>Dependence</th>
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<td>Your BCI</td>
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