

Kids Need Connections Campaign Resources:
Connections Assessment for PROFESSIONALS

WHAT ARE YOUR CONNECTIONS?

1. Write down the names of those you feel most connected with in the following areas:

FAMILY	CO-WORKERS	ADMINISTRATORS	NEIGHBORS	COMMUNITY GROUPS	CLOSE FRIENDS	ACQUAINTANCES

2. Which groups have the most? The fewest? _____

3. Which group do you want to strengthen? _____

4. What can you do to strengthen that group? _____

5. What will those connections do for you? _____

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6. Why do you do this work? Do you feel connected to it a majority of the time? _____

7. What makes you feel disconnected from your work? Can you list a specific example? _____

8. What are some of your personal strengths? How are they helpful in the work you do? _____

9. Who can you turn to if you are experiencing compassion fatigue or are struggling with work-life balance? If there is no one, then who do you believe could fulfill that role? _____

10. As a result of this self-assessment, list 2 tangible goals you will commit to doing over the next month to strengthen and grow all of your connections:

I. _____

II. _____

For additional campaign resources—including assessments for parents and professionals, as well as downloadable bookmarks and fact sheets—please visit:

www.scanva.org/kidsneedconnections

