

Digest Six – May 2025:

Theme: Networking and Community Building

Networking and community building are essential for individual professional development as well as thriving as a team. Professional connections foster knowledge sharing, collaboration, and broader perspectives. They also help build resilience in challenging times. You never know when someone you met through a shared project or the NYSPHC Fellowship Program will be a valuable connection in the future!

Cohort Discussion:

- How do you leverage professional connections to support your goals, team, or career advancement?
- What is something valuable you learned through your Fellowship role and/or from your NYSPHC Mentor cohort? How will you apply that knowledge or skill in your career?
- Reflect on any challenges, anxieties, or fears you may have about networking. What approaches or strategies could help you manage those feelings and confidently take steps toward building meaningful professional connections?

Cohort Activities:

- As a group, recommend and identify opportunities to connect with professional colleagues outside of your primary program work – examples include a new LinkedIn Group, joining a professional organization such as [NYSACHO](#), the NYSPHC Fellow and/or Mentor Directory, your local [Medical Reserve Corps](#), volunteering at an organization in your region, etc. Then, discuss various strategies for effectively engaging and building connections with public health professionals through these channels.
- Make a plan to stay connected with your cohort beyond the end of your Fellowship.
- The Training & Resources Website Workgroup is providing an opportunity for Fellows to share additional contact information with each other through the Fellow Directory so those who want to stay in touch post-Fellowship can do so. Please complete this brief [questionnaire](#) to provide **additional contact information** through the Fellow Directory. If you did not initially complete a profile to be part of the Fellow Directory but would like to do so now, complete the original [Fellow Directory Profile Questionnaire](#). Please note: Participation in the Fellow Directory is **OPTIONAL**.
- If you have not done so yet, we strongly encourage all Fellows to create a LinkedIn profile to use as a tool for networking and in your future job searches, following the instructions in this quick reference guide: [Create a Good LinkedIn Profile](#).