



**Shauna Rae**

## THE BROAD PERSPECTIVE

A look at the work environment ... with a female lens

# BUILDING A COMMUNITY OF SUPPORT

WHETHER YOU ARE new to the city, transitioning into a new career or starting a brand new venture, “finding your tribe” can be crucial to integration. As women, we sometimes have unique challenges.



As a modern woman, my first reaction in challenge is to attempt to do things independently before reaching out to others for help. Social business has taught me the importance of relying on others to improve projects and, therefore, has guided me to thinking differently.

~ Monica Hodgson,  
Owner & Socialpreneur, Big Bike Giveaway



There will be many ups and downs in your life. As a woman, you need those breaks to scream, cry or let it out.

~ Mary Hulme, Workplace Strategist/Sales at Raven Studio, Networking Ninja



It’s important to me to make connections with people with similar values for comfort and relatability.

~ Aynsley Anderson, Co-owner of Anderson Craft Ales and practicing Public Sector Lawyer

**How do you grow a network both professionally and personally?**

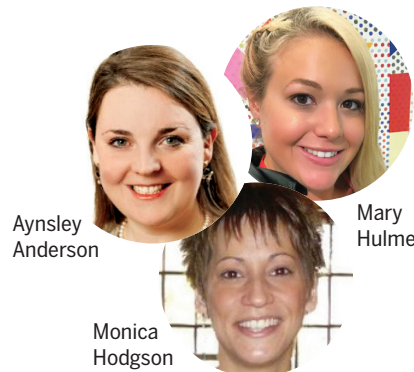


Building a professional network in Canada was not easy. At first, all I knew was my husband and his family. Slowly, through LinkedIn, attending networking events and joining a networking group, I built my community.

~ Mary Hulme



What you would call my personal support network of family, friends and neighbours all have something to offer professionally as



Aynsley Anderson

Mary Hulme

Monica Hodgson

well. They all have jobs and interconnect in the community the same way I do.

~ Monica Hodgson



The people in your professional life are likely to have a lot in common with you: career choice, education, etc. Those lend themselves well to icebreakers for hanging out when you’re off the clock.

~ Aynsley Anderson

**How does having a support system help you in your day-to-day?**



There are days that everything goes wrong at home or work and I need to keep it together. Some days, I need to vent, and others I need to laugh or to hear about gossip from Chicago.

~ Mary Hulme



My network interactions make me accountable for the work I do in my community which keeps me on a positive road.

~ Monica Hodgson



It’s a confidence builder. If you can build a small network on your own, it will grow exponentially as you are introduced to the extended network and it becomes easier to integrate yourself.

~ Aynsley Anderson