

Discussion Suggestions

Making contact with your match may seem daunting but all it takes is a little preparation to ensure things go smoothly. Below are guidelines to help you get the most out of your experience.



Be
matched

1. First impressions count!

You will receive a 'match email' describing who your match is for the round. After this, you can either give them a call or send them an **introductory email**. Your first contact with your match is the first impression that your peer has of you, so see it as an opportunity to express to your match who you are and what you want to get out of CONNECT.ed.

2. A little preparation can help

Write a **brief introduction about yourself and practice it**. Do a little self-discovery prior to your meeting as your match will be interested in your experiences, skills, what help you might be able to offer and your current projects.

Sometimes an elevator speech is useful. This is a 30-second sound bite that tells someone the most important things about you as a person. Have your elevator speech practiced and ready. Try to deliver it or a version of it that fits into the conversation within the first few minutes of starting your conversation. For a short video on elevator speeches please click [here](#).

Do some research and draft some discussion points. If your match provides details about their role or organisation prior to your conversation use this as an opportunity to gain background information so that you are not going into your conversation blind. Compare your roles and experience and think about what common challenges you might face, what help you could provide or what topics might be interesting to discuss. Questions you might like to consider include:

- ◆ Who they work with, how long for and what is their role?
- ◆ What projects they are working on?
- ◆ What drew them to injury prevention / community safety?
- ◆ What settings do they work in (i.e. local government, schools etc.)?
- ◆ What populations do they work with (i.e. older people, children etc.)?
- ◆ What issues and challenges are they facing?

You might also like to think about ways to help your match like suggesting other contacts, articles, websites or organisations they may find useful.

Get
connected

3. Get CONNECT.ed

Note interesting questions you or your matched used so that you can use them in your next match. Also, please make sure you let us know you have met your match on the Spark Portal so we can include you in the next round. Have fun connecting! And remember if you have any questions or feedback send it through to info@knowinjury.org.au or phone +61 08 94207212.