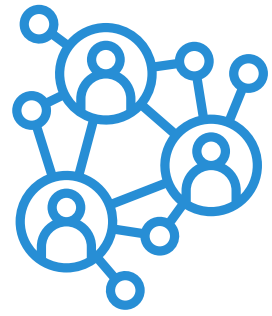


NETWORKING

For beginners



Start Small with Familiar Settings:

Begin by practicing your networking skills in comfortable, low-pressure environments. Attend events within your community, like local interest groups, clubs, or workshops related to your industry. These are great places to build confidence without feeling overwhelmed.



Set a Small, Achievable Goal for Each Event:

For example, aim to speak with just two or three people at an event, rather than trying to meet everyone. Focus on having meaningful conversations, which can feel more rewarding and less daunting than approaching large groups.



Use Online Networking to Build Confidence:

If face-to-face interaction feels intimidating, start with online platforms like LinkedIn. Send personalised messages to people with shared interests or experiences and engage with their content. This lets you ease into networking before transitioning to in-person opportunities.



Prepare a Short Introduction About Yourself:

Craft a simple, conversational "elevator pitch" about your career journey, goals, or interests. Practice it until it feels natural. This can help you navigate introductions confidently and avoid the pressure of thinking on the spot.



Attend Niche or Guided Networking Events:

Look for smaller, niche events or ones with structured activities, such as workshops or networking events for specific industries. Guided events often include icebreakers and give you talking points, making it easier to interact with others without the fear of starting conversations yourself.

By starting small, setting clear goals, and leaning into **supportive environments**, you can gradually step outside your comfort zone and build meaningful connections **without feeling overwhelmed**.