

# HOW TO CONTRIBUTE, GROW, & LEAN ON YOUR NETWORK RIGHT NOW

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## TODAY WE WILL COVER:

- What is the purpose of networking and why it is essential for career success
- How to build and grow your network
- How to contribute and nurture your network
- How to lean on your network

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## WHY IS NETWORKING IMPORTANT

1. Your network = your net worth
2. Build your network before you need your network
3. The time is NOW to build your network
4. Your profession needs your expertise
5. Cycle of giving and taking

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## CHALLENGES WITH NETWORKING

1. What does networking even mean?
2. Rural Area
3. Expensive and time consuming
4. Introverted personality
5. Lack confidence

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## STEPS TO HELP BUILDING YOUR NETWORK

1. Get comfortable being uncomfortable (at first!)
2. Join support groups and practice
3. Build your own reputation
4. Focus on your mindset

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## TIPS ON HOW TO GROW YOUR NETWORK WITHOUT HAVING TO LEAVE YOUR HOUSE

1. LinkedIn
2. Join ONLINE groups
3. Participate in online social media go-lives or webinars
4. Connect right now with 2-3 colleagues

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## HOW TO PREPARE FOR A NETWORKING EVENT

3 Phases of a networking event:

1. Before
2. During
3. After

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thank you

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