BUILDING PROFESSIONAL RELATIONSHIPS
Grow your network to grow your career

START SMALL, START NOW
Plan ahead and set small goals. Even meeting one person is a success!
Practice talking about yourself: what makes you interesting?
Bring a buddy and network as a team
Commit to staying for optional virtual events like breakout rooms

GET PAST THE AWKWARDNESS
Project friendliness and warmth (smile!)
Focus on listening and stay present
Be inquisitive and ask for advice
If you forget a name, be honest
If a conversation has run its course, it’s fine to say thanks and move on

NUTURE YOUR NETWORK
Send a quick email to follow up with new people
Share useful information or offer your services
Set reminders to reach out and connect
Introduce people in your network with shared interests
Consider using social media (LinkedIn, Twitter)

JCSW CAREER ADVANCEMENT SUBCOMMITTEE