

7+ Networking tips for Introverts

1



Look at the social event as a way to help you get where you want.

2

Set an intention for that specific event. What would you like to get from it?



3



Decide a minimum time to spend there. Pay attention to your energy level.

4

Look for other introverts in the room to connect.



5



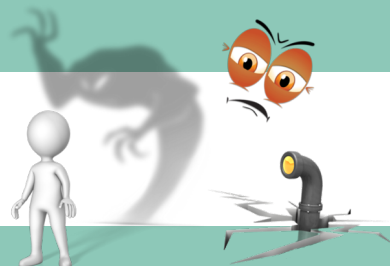
Expand your comfort zone: do one thing differently than in other similar situations.

6

Choose more wisely what events you'll attend.



7



Remember that not all eyes are on you!



8

Share that you're an introvert & ask to be introduced to someone else.

Asking for what you need will allow others to feel the joy of being helpful ... a win-win!

