

30 Simple Networking Actions for Introverted Professionals

Before Networking: Prepare & Set Yourself Up for Success

1. Identify 3 key people you'd like to connect with before an event.
2. Research speakers, attendees, or companies beforehand to find common interests.
3. Set a realistic goal (e.g., "I will have 3 quality conversations" instead of "I must meet everyone").
4. Prepare a few conversation starters based on industry trends or common interests.
5. Practice a 30-second introduction about who you are and what you do.
6. Wear something that makes you feel comfortable and confident.
7. Arrive early to ease into the environment before it gets too crowded.
8. Bring a trusted colleague or friend to events for moral support.
9. Remind yourself that networking is just a conversation, not a sales pitch.
10. Find a role. Volunteering at an event makes interactions feel more natural.

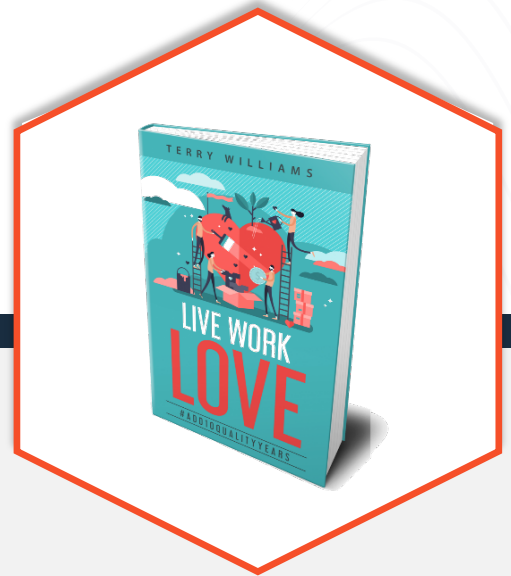
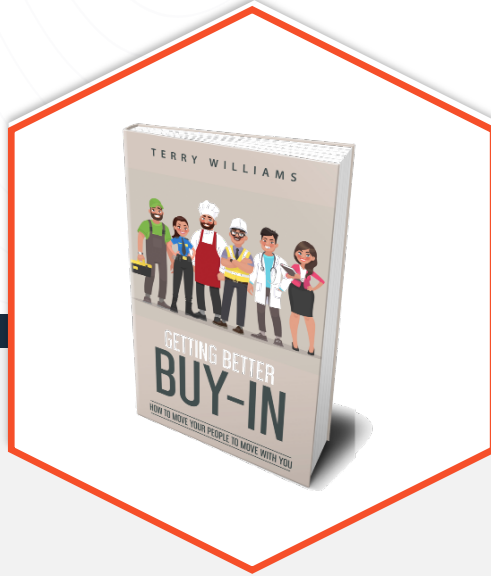
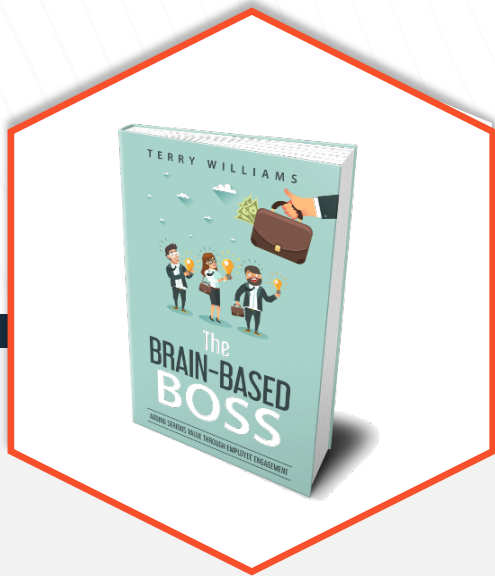
During Networking: Engaging Without Feeling Overwhelmed

11. Start by greeting someone standing alone. They'll appreciate it!
12. Ask open-ended questions like, "What brought you to this event?"
13. Listen more than you talk. People love a good listener.
14. Use small breaks between conversations to recharge instead of forcing constant engagement.
15. Give genuine compliments. e.g., "I really liked your perspective on [topic]."
16. Have an exit strategy for long conversations, such as, "It was great meeting you! I'm going to grab a drink before the next session."
17. Stick to quieter spaces. Chat near the edges of the room or at smaller tables.
18. Take notes on business cards or your phone to remember key details about new connections.
19. If a group conversation feels overwhelming, contribute by agreeing or adding short insights instead of dominating.
20. Set a personal challenge. e.g., "I'll introduce myself to one new person every 20 minutes."

Online Networking: Low-Pressure Ways to Connect

21. Engage with industry posts by liking and commenting thoughtfully.
22. Send personalized LinkedIn connection requests with a short message (e.g., “I enjoyed your talk at [event] and would love to stay connected.”).
23. Share valuable content—an interesting article, your thoughts on a topic, or lessons learned from a project.
24. Join and contribute to LinkedIn or professional industry groups.
25. Follow up with a quick LinkedIn message: “Great to meet you at [event]—I enjoyed our conversation about [topic]!”
26. Offer to connect others—introducing two people helps build your network indirectly.
27. Schedule low-stress one-on-one coffee chats instead of large group events.
28. Send a quick “thought of you” email when you come across an article or opportunity relevant to a connection.
29. Attend webinars or virtual networking events where participation is less intense than in-person meetups.
30. Celebrate small wins. Every new connection or conversation is a step forward!

Networking doesn't have to feel exhausting. It's about building relationships at your own pace, in your own way. Which of these actions feels easiest for you to start with?



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