



## Networking at FNCE: We Teach You How to Crush It!

Ouch! Do you find networking painful? It's the rare person who relishes the idea of walking right up to a stranger and creating conversation out of thin air.

**Hold on – let's reframe that thinking!** Networking shouldn't be terrifying. At its core, it's just about meeting new connections that can help you advance your career in ways you never thought possible.

For example: networking can help you get your next job! That's right – someone you meet right here at FNCE could introduce you to a potential new employer, or act as a referee during the job interview process.

**So: let's get you started** on crushing that networking process while you're at FNCE! Here are our top tips on how to get it done.



See overleaf tips on: [Before you go](#) | [At FNCE](#) | [After the event](#)



## Before you go:

- **Announce that you're going.**  
Tweet, email or post that you're heading to FNCE and what you hope to achieve. You may be surprised to learn who else is going – and who wants to meet up with you there.
- **Set one small goal.**  
Don't stress yourself out before you even arrive to the event; just set one small networking goal to achieve. One idea: plan to introduce yourself to the first person you're seated next to. Easy, right?
- **Hone your elevator speech.**  
Imagine you're stuck in an elevator with someone that you'd like to connect with. You have only a few minutes to tell them who you are and why you're unique. This is called your "elevator speech". Practice it, and have it ready for people you meet at events – where time is always precious.
- **Prepare questions to ask others.**  
Take the pressure off of yourself and turn the focus to others. Have 3-4 questions in mind that you can ask anyone new you meet, so you're not thinking on your feet in a panic. Examples: Have you been to this event before? What do you like to do in your spare time?

## At FNCE:

- **Arrive early.**  
It can be intimidating to arrive late to a full room and join a group already having a conversation. It's much easier to meet new people if you arrive early, just as others are also arriving. Then you're all in the same boat.
- **Plan your day.**  
Look at the schedule for each day and plan in advance what to attend. You'll meet like-minded people this way! And a bonus: you won't feel lost or stressed during transitions if you know what's next and where you're going.
- **Make others feel comfortable.**  
Be the person that makes someone else feel welcome. Approach someone who is alone, and introduce yourself. If you do know a few people at the event, introduce them to someone they don't know; be the connector.
- **Exchange deets.**  
Ask to connect on social media on the spot, so you don't forget. Grab business cards whenever you can. Even better, put your social media accounts, pages and usernames on your business cards!





## After the event:

- **Stay in touch.**  
Build relationships with your new connections using social media. Actively engage in these communities by commenting on others' content, and contributing your own. Then, reinforce this with real-world interactions: e.g., if you'll be in another city for travel, arrange to meet an online connection for a coffee.
- **Consider asking a new connection to mentor you.**  
Choose and approach someone who has a large, relevant network that you will then be able to tap into.

Remember, you never know whom you might meet by networking, and how that person can change the course of your career – for the better. You can look back and say, it all started at FNCE!






***“The value of networking is not measured by the number of people we meet, but by the number of people we introduce to others.” Simon Sinek***



## Now: time to kick off your networking.

Make your first set of new connections right now by connecting with the DC team on social media – we'd love to have you in our network! Add us and find us:

-  [facebook.com/dietitianconnection](https://facebook.com/dietitianconnection)
-  [@dietitianconnection](https://www.instagram.com/dietitianconnection)
-  [@DNconnection](https://twitter.com/DNconnection)