

A Guide to Building Professional Connections

Networking involves building relationships with individuals or organizations to share knowledge and career advice, access job opportunities, and create beneficial professional connections. Strong relationships lead to mentorship, guidance, and insightful feedback that can significantly enhance your skills and career prospects.

Starting Out: Who can you connect with?

- Teachers
- Coaches
- Instructors
- Tutors

How can you get to know them?

- Asking for help
 - Example: Asking for help in tutoring
- Helping them
 - Example: Offer to hand out worksheets
- Being a leader
 - Example: Raise your hand to answer the teacher's questions

Networking with new contacts

1

DRESS PROFESSIONALLY

- Avoid shorts and t-shirts with distracting logos
- Your clothes do not have to be expensive, just simple and appropriate
- Working Wardrobes is a great organization that offers professional attire, accessories, and interview workshops: <https://www.workingwardrobes.org/>

2

PREPARE

- Research the field, individual, or organization you expect to engage with or meet
 - What is the current state of the field?
 - What is the individual's role?
 - What is the organization's mission statement?
- Think about what you want to learn
 - What does the future look like for this field or organization?
 - What is the person's day-to-day like?

3

REMEMBER YOU ARE VALUABLE

- What skills do you have?
- What unique experiences/ perspectives do you bring?
- Are you bilingual or multilingual?
- Are you eager to learn, a problem solver, adaptable?

4

FOLLOW UP

- Maintain contact!
- Thank them for their help by email or phone call

5

ASK FOR HELP

Everyone started from somewhere, never be afraid to seek out help!