

# 7 Worst Networking Tips for Introverts

AND THE SMARTER MOVES TO TAKE



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# **1. Work the room**

Introducing yourself to as many people as possible feels inauthentic and exhausting.

## **A smarter move:**

Set a goal to connect with just a few people who you genuinely want to meet.

Prioritize meaningful conversations over quantity.

## **2. Memorize a perfect elevator pitch**

Sticking to a rehearsed pitch can feel robotic and insincere for introverts, who prefer to connect authentically.

### **A smarter move:**

Prepare a flexible "conversation starter" and talking points, rather than a rigid pitch.

Focus on a few key topics you're passionate about, such as recent projects.

## **3. Initiate small talk**

This can feel superficial and forced for introverts, who appreciate more meaningful conversations.

### **A smarter move:**

Prepare a few thoughtful, open-ended questions, such as:

"What inspired you to pursue your current role?"

This will help you skip the surface-level and dive into discussions that will build meaningful connections.

## **4. Sell yourself to make an impression**

The idea to "sell yourself" by showcasing what you bring to the table feels fake and exhausting.

### **A smarter move:**

Use your listening superpowers and offer help or insights to others.

Ensuring others feel seen and heard is what will make a lasting impression.

## **5. Network with a purpose**

Having a purpose in networking is useful, but it can make interactions feel transactional.

### **A smarter move:**

Focus on getting to know people and building authentic relationships, rather than seeking immediate results.

Show interest by asking questions. Offer help without expecting anything in return.

## **6. Follow up with new contacts immediately**

Introverts typically need time to reflect on interactions and conversations.

### **A smarter move:**

It's ok to wait a day or two before sending a thoughtful, personalized message.

Focus on a specific shared interest or a potential collaboration.

## **7. Share a personal story**

Sharing a personal story right away can feel forced and pressures introverts to be vulnerable too soon - before trust is built.

### **A smarter move:**

Start with questions about the person's work or recent projects.

This encourages meaningful conversation without requiring you to share personal details right away.

**Don't let outdated advice hold you back.**

**Create connections that inspire and uplift you.**

**#IntrovertsUnite**



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