**Text

Description automatically generated with medium confidence**

**Virtual Networking**

Skills checklist

Where I need help to improve my networking results…

|  |  |
| --- | --- |
|  | Knowing what to do when entering a networking event |
|  | Reducing stress when first meeting a new person |
|  | Having more options to start conversations |
|  | Having the ability to easily remember names |
|  | Learning how to make others feel comfortable more quickly |
|  | Discovering more ways to demonstrate interest in others |
|  | Being able to more quickly develop rapport with others |
|  | Improving my listening skills |
|  | Using questions more effectively to get additional information |
|  | Strategies to get others to want to know more about me |
|  | Having the ability to leave conversations |
|  | Communicating more effectively about myself and what I do |
|  | Improving my handshake and eye contact |
|  | Finding ways to stay in touch |
|  | Turning networking conversations into additional opportunities |
|  | Creating an online network |
|  | Having the ability to measure my networking results |
|  | Having a clearer idea of who I should network with |
|  | Knowing better how and when to follow up |
|  | Finding effective networking activities |
|  | Asking for introductions |
|  | Learning to relax and feel less stressed |
|  | Knowing topics that are taboo to discuss |
|  | Demonstrating confidence on and offline |
|  | Other: |