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### **Build Your Networking Muscle**

Practice networking by attending lots of different networking events. You will meet many interesting people and contacts, some of which will become great clients, colleagues or friends.

### ○ Develop Thick Skin

Get comfortable hearing the word "no", over and over and over again. It will build your character and make you tenacious about your business.

### **Real Report Service S**

Person that you develop conflict with may be the one you need for support later on down the line." You never know? Don't burn any bridges and do your best to find a happy medium when faced with a difficult situation. Look for the win-win. You may not necessarily agree with everyone but you can agree to disagree and move on.

### **™** Be Giving

Give your time, your advice, and especially your referrals. Stay positive. It will all come back to you in a positive manner in the end. Think about what a person may remember after meeting you.

### **Grow Your Relationship Database**

Most of the time you are only 4 or 5 people away from anything you ever want or need. All you have to do is ask. Work to develop a core relationship with individuals who have influence in areas you aspire to grow.

#### **Communicate**

○ Develop a database and maintain regular and consistent contact with influential people. Face to face contact is the more personal approach when it's convenient. When you can't meet in person then a phone call or personal note works well too. Use social media responsibly.

# Effective Communication

### **™** Keep it Simple

Cook at where you are spending your time and your precious energy. What is generating you the best results? Those are the activities you want to continue doing and do more of. Get rid of the time and/or money wasting activities. Work on being the best "You" and others will take notice.

### **Ruild Rapport**

Are you a people magnet or a people repellent? What are you projecting outwardly? Make sure others see you as a positive, warm and approachable individual they would like to interact with. Make sure your positive personality and outlook is attracting relationships and not pushing them away.

#### **Set Goals**

rest will fall into place. Make sure you decide on what you want short, medium and longer term and in every area of your life. Develop an elevator speech and know where you see yourself in the next three, five, and ten years. What's your outlook for the future.

#### **Access Available Resources**

There are so many resources available to support you in whatever you wish to do. Build a strong support team which includes family, friends, mentors, and colleagues. Read books and inspiring literature on networking. Join networking groups in your local area.

### **Approach** Have a Positive Approach

It is important to understand that behavior is a form of communication. Be mindful of your body language. It can say a lot about you. Work on things such as your posture and your tone of voice when engaged in communication.

### **A** Handshake and Eye Contact

A good handshake conveys to others that you are a confident person with good social skills and personal qualities. A good handshake leaves a lasting impression of professionalism, sincerity and confidence. Make and hold eye contact for approximately three seconds to let the other person know you fully acknowledge their presence.

#### **Real Active Listener**

Maintain good eye contact with the person speaking. Try not to interrupt and make mental notes of topics you wish to respond to. A nod of the head or smile lets the speaker know they have your attention. When it's your turn to speak begin by repeating the speakers name and small inserts of the speakers discussion to acknowledge your understanding of the discussion.

### **™** Develop Small Talk

There's nothing small about small talk. It's more of an "ice breaker" to spark conversation. It can be about something as simple as the weather or current events. Try and stay away from more controversial small talk discussions which may be offensive to someone else. It could mean a very short conversation and leave a negative impression of you. Know your audience.

### **Appearance and Grooming**

"You never get a second chance to make a first impression." How well you maintain your personal hygiene and how you dress for the occasion speaks volumes without saying one word. You don't want to be the one that feels out of place. Inquire about the dress code for an event before arriving.

### **™** Introducing Yourself & Your Elevator Speech

Create a working Bio of yourself and memorize it. Who knows you better than you. Be prepared to tell your story on short notice. Your introduction should include your full name. Your elevator speech should include concise information that can be shared in roughly forty-five seconds to one minute. Thank the person for their time when the discussion ends.