Stop Hiding, Start Shining

CONFERENCE TIPS FOR INTROVERTS



Set some meet-ups in advance.

Identify a few people you'd like to connect with. Use the event app, or post on LinkedIn that you're attending and would love to meet up with others who do what you do (or have solutions you're looking for, or know about a topic you're interested in). 2-4 appointments will make all the difference for your confidence.

Extra benefit: These people can introduce you to other people.

2 Set a learning goal.

For instance:

How are others are using Al to do their jobs more efficiently? It's a timely topic everyone is likely to be interested in.

Extra benefit: With each new conversation, you'll have more value to add.

3 Make the exhibit hall your friend.

Explore the booths at the exhibit hall, especially during quiet times when booth attendants are looking for people to talk to.

Extra benefit: You'll learn about industry solutions, which can give you things to talk about with others. And you'll develop relationships with salespeople, who tend to know everyone!

4 Offer value.

Think about what you can offer to the other person, whether it's knowledge, expertise, or a connection. This can make your interactions more meaningful.

Snowball effect: If you stick with your learning goal, you'll have something to bring to each conversation..."I spoke with someone this morning who told me they are doing x with y."

5 Follow up.

After the event, connect with the people you met on social media or send them a personalized email.

Idea for being memorable: You could share your thoughts on the Al tools you've since tried, or even just provide a list of tools or ideas you heard about.

6 Be yourself.

Don't try to be someone you're not. People appreciate authenticity, and this will make you more approachable. Share that you're a first timer or an introvert and you'd welcome introductions or suggestions for making the most of the event.

Extra benefit: Most people love to help, and may just make the rest of the conference easier!

Finally, an event designed to make networking painless, even for introverts!



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