



3.3.2 Networking: Challenging for some

I don't like going to conferences ...[but] I consciously go to various things because ...I want to keep informed and ...[and] I would see that person and ...think ... "I should probably go and talk to them" and...then I would go and hide in the ladies toilets or something ...I suppose I'm actually quite shy. I don't like to go and...put myself out there.

As Trudi notes above, networking can be a personal challenge. Many people feel hesitant or are daunted by the prospect of talking with others in order to network. For this reason, we suggest that you start with strategies that you feel comfortable with, but be prepared to gradually move outside your comfort zone. Many people find that with this gentle approach networking does become easier. In this quote from CM she describes how with time the challenges of networking lessened:

Networking ...becomes easier because ...I know more people and more people know me, so it makes events and conferences and meetings easier, in many senses, because I don't have to start from scratch ...creating and maintaining the networks. I'm not very good at it still, but at least there are some things that time does which I don't have to do again.

Useful resources

Tips for those who hate networking:

<https://livingacademically.wordpress.com/2013/02/11/10-networking-tips-for-academics-who-hate-networking/>

UK site that begins with professional networking and moves onto academic networking:
<http://www.jobs.ac.uk/careers-advice/working-in-higher-education/573/how-to-develop-successful-networking-skills-in-academia>

Online, social networking: <https://www.researchers-like-me.com/>



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