



Networking out of your comfort zone

by Chi Chi Okezie

The thought of networking can produce a lot of anxiety, stress and overall negativity for some individuals. The concept of networking can be even more daunting; as well as, not being able to effectively network and build relations. It is important to realize that networking is a key aspect to development, growth and advancement. Being able to connect with the right, like-minded individuals are crucial elements in personal and professional success.

A significant part of overcoming these obstacles is to step out of your comfort zone. Individuals should not get complacent and idle in their networking plans and activities. Constantly evaluating their methods, interactions, and goals produce productive networking results. Listed below are ways in which people can break out of the monotony, face common fears, and enjoy the benefits of networking.

Take A Poll

Self-evaluation is powerful in transforming thoughts, behaviors, and other patterns. Take a moment to ask effective questions to navigate in the proper direction. Be honest and open about beliefs, fears, and ideologies toward networking and meeting/connecting with people. Once these questions have been answered, use the newfound knowledge to influence correct decision making, strategic planning, etc.

Rely on the Facts

Although it is popular to trust one's gut feelings, it is more stable to rely on facts. If something does not feel right or accurately align, search for facts to support those worries. Seek sound counsel, professional advice, and other legitimate resources. Take calculated risks and create options, when necessary. Utilize logic, understanding, and good judgment with any course of action.

Imagine the End Goal

Having a plan to succeed, advance, and move forward is empowering. It allows for responsibility and accountability. It offers a way to properly evaluate and make changes to reach desired outcomes. It is also a tool for self-assurance which promotes a high level of confidence. Definitely use these great tips to mobilize a strong networking agenda; garner the necessary types of support; use self-assurance to promote confidence and achievement; and excel in various professional and personal objectives with a positive disposition. **TE**



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