

Virtual Networking: Tips & Tricks

Prepared by members of the ASHP Resident Advancement Advisory Group



Set Aside Time

Block off time in your calendar (including 10-15 minutes of "buffer" before and after) for event sessions of interest. When able, physically distance yourself from rotations and other activities so that you can focus!



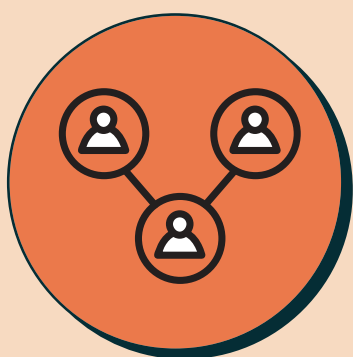
Complete Your Virtual Profile

Include contact information, social media handles, and a professional headshot in your profile on the event platform. Make it as easy as possible for others to identify you and connect!



Use Social Media To Your Advantage

Publicize your attendance beforehand on social media. Screenshot and post thoughts on educational sessions using event and other hashtags (e.g., [#ASHP21](#) [#TwitterRx](#)). Search for, connect with, and tag presenters and eventgoers to expand your network!



Participate In Conference Activities

Engage in real-time during presentations. Join virtual hangout events. Attend scheduled networking sessions. Have a one- or two-sentence "elevator pitch" ready to introduce yourself in a chat box or verbally.



Follow-Up

Exchange electronic "business cards" or request contact information after each encounter. Reach out to any new connections in a timely manner to stay in touch. Pharmacy is a small world – anyone can become a mentor, teammate, or supervisor!