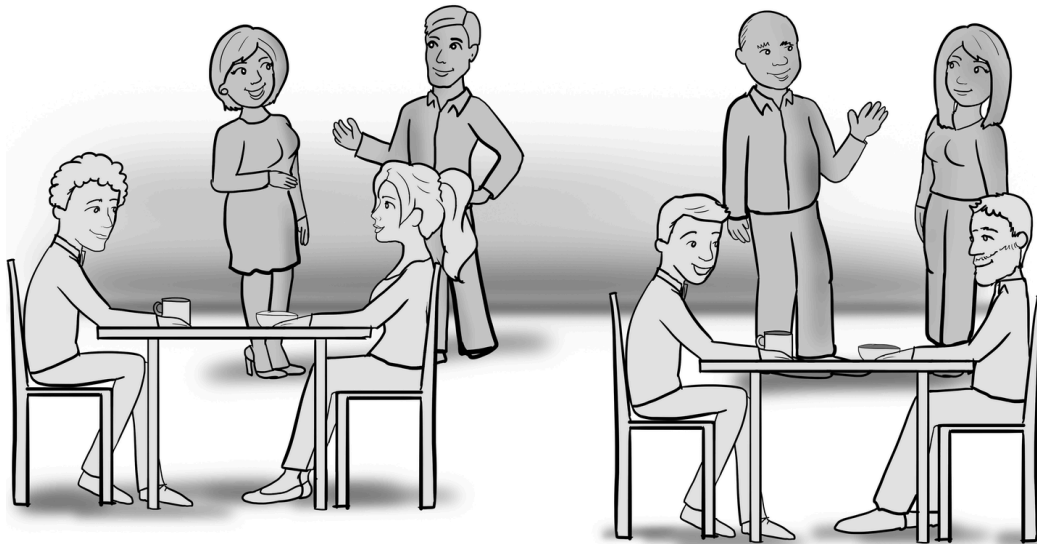


NETWORKING GROUP SUGGESTIONS



by

Sally Hindmarch

author of

Step Out From The Shadows

Want to go networking but not sure where to start?



It can feel intimidating to go networking ... it doesn't feel natural to walk into a room full of strangers, go up to someone and say hello!

And yet that's what our young children do quite naturally ... walking up to other children and starting a conversation, even if they don't speak the same language it doesn't take them long to become best friends with whoever is in the room.

Somehow as a grown up it feels more complicated. But in my opinion your best bet is to go with the intention of just getting to know a few new people and see what happens ... you don't have to be friends forever, or even speak to them again!

My best advice is to click on some links on the next few pages and see if you like the look of the group and if it fits your budget? Then pick one and book on ... if you like it, great!

If you don't like it ... pick another.

And ask the people you meet where they go and you'll quickly start getting invited to events where you will know someone!

If you really can't bring yourself to go then give me a call!

Types of networking groups

No network group is the same as another - even if they're in the same franchise the people running the group will be different and that will affect the feel; so if you've been to one group locally and weren't keen, don't let it put you off trying another under the same name. Most groups are happy for you to visit a couple of times to see if they're right for you.

Whatever the group they will either favour open networking or structured networking. Open networking feels like a cocktail party (although you're usually drinking tea or coffee) and it's up to you to go up to people and introduce yourself. Only the people you meet will know what you do.



Structured networking may include some open networking but there will be an agenda, often food of some sort and an opportunity to stand up and tell the room what you do (these are usually timed and some groups are stricter about time keeping than others). Some of the structured groups tend to measure the amount of business passed between members and these groups tend to be more expensive.

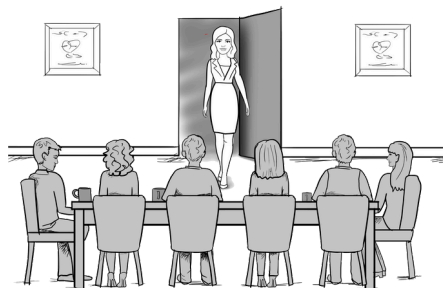
Try a variety of groups to see which you prefer.

The list overleaf is not a definitive list and if you know of any groups not listed and would recommend them then please let me know.

Please Note: Partners With You and Sally Hindmarch do not recommend any one group, you need to do the research and visit those that seem to suit you and your business best AND the links are correct at time of creating the document. Please tell us if you spot a problem though! We take no responsibility for the content of any site or if the links are no longer valid. No one is paying anything to be listed here and we receive nothing if you click through - if you would like your group to be listed please contact us and you will be added at the next update.

National Networking Groups

- BNI - www.bni.co.uk
- Business Buzz - www.business-buzz.org
- Federation of Small Businesses (FSB) - www.fsb.org.uk/event-calendar.html
- Institute of Directors (IoD) - www.iod.com/events-community
- Network B2B - www.networkb2b.co.uk
- Network My Club - www.networkmyclub.co.uk
- Opendoorz - www.opendoorz.biz
- BoB Clubs - www.bobnetworking.com
- Boom Business Clubs - www.boombusinessclub.com
- Get Connected - www.getaheadva.com/events



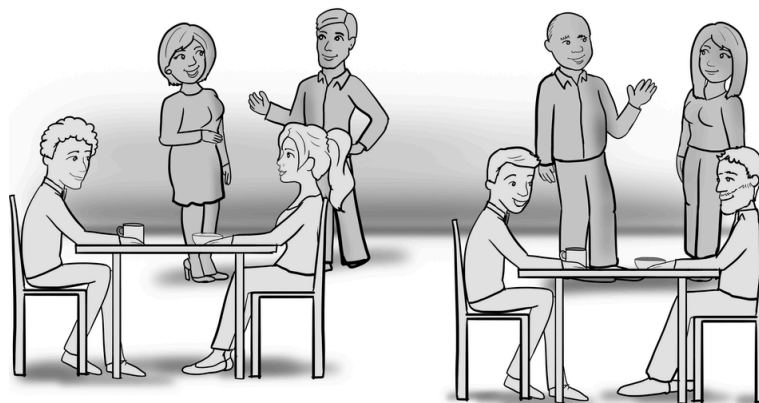
- Athena www.theathenanetwork.com - women only
- Ladies Who Latte www.ladieswholatte.com - women only
- Women in Business Network www.wibn.co.uk - women only

Additionally, there will be lots of local groups in your area. Have a look at sites such as www.eventbrite.co.uk or www.meetup.com and your local Chamber of Commerce.

Overleaf are some groups local to High Wycombe as an example.

Groups & events local to the High Wycombe area

- Bucks Business First – www.bbf.uk.com/events
- Laptop Monday – <https://www.facebook.com/groups/laptopmonday>
- Chiltern Business Connections – www.chilternbusinessconnections.co.uk
- Cross Reference – www.networkinggerrardscross.co.uk
- Business Connexions – www.business-connexions.com
- SWIM - <https://www.eventbrite.com/e/second-wednesday-in-the-month-swim-tickets-327309129417>
- The Network - www.networkbucks.co.uk
- (TFIN) - www.tfin.info
- Chiltern Chamber - www.chilternchamber.org
- Thames Valley Chamber - www.thamesvalleychamber.co.uk



About Sally

With a degree in Psychology & Drama and a Diploma in Management, Sally has spent much of her career in sales and client service roles. She has witnessed first-hand how poor communication can make or break a deal, a relationship or a business. Clients buy from who they like best, staff work late because of who asks them and colleagues work better with some individuals than others.



Since 2000, Sally has run Partners With You Ltd, a company that uses the skills of professional actors to help business people communicate more effectively and confidently on any stage or in front of camera.

Partners With You provides both in-house and open workshops around presentation skills, storytelling and team building. And it delivers impact & influence programmes for large blue-chip clients as well as small business/individuals looking for personal development.

Believing in continuous development, Sally has trained as an Enterprise and Career Mentor, an accredited Wellness coach and PRISM Brain Mapping practitioner. She is a One of Many™ certified Women's coach and combines her personal skills to coach and mentor individuals as well as running programmes on key topics to help you to 'step out from the shadows'.

Sally is a contributor to Steve Bridger's book Transform Your Communication Skills and writes a regular column for The Watford Observer and other Newsquest local papers. She is the author of Step Out from the Shadows; How to be seen and heard at work.

To find out more about Partners With You and the work that Sally does email her on sally@partnerswithyou.co.uk or [book a call with her now.](#)

For more help networking you can buy our [Networking Made Simple online programme](#) from our main site or [find out how Sally can help you here.](#)