

## Networking for Academic Success

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## Excel and network

What your personal professional network can do and why women should do more of it!

If nothing else.... long-term emotional support mechanism ©

Makes you an attractive employee / collaborator

Helps build your reputation

**Support (future) projects** 

Leads to more co-authorship = co-operation

Creates opportunities and supports external engagement



## Networking is *not* easy

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"Networking" =>

 Buzzword with a punch or the joys of walking in a room full of strangers

Unwanted outcomes and managing expectations:

- Personal vs professional: separate, overlapping, complementary
- The who, but also the how, when, why (strong/weak nodes)

A question of balance:

- Internal and external networking
- What you do for others vs what you do for yourself

When networking is forced / fake, is it still good?

- Depends on who you are
- Conscious vs incidental networking (Not about selling yourself nor being insincere)

The high maintenance effect

- It takes time
- It is fragile

## **Building** *Resilience*



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Thank you.