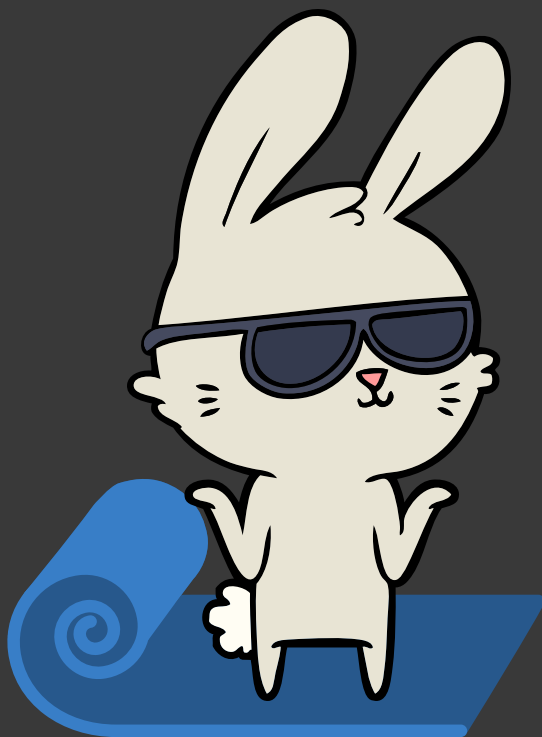




Conference Prep

FOR ANXIOUS FOLK

by @Kendra_Little



START PRACTICING
A 'NIGHTLY CHILL
ROUTINE' TO
QUIET THOUGHTS
& PROMOTE SLEEP

Practices

- 10 minutes stretching / yoga
- Journal ten things you're grateful for
- 10-20 minutes meditation

Pack & Prep

- Meditation app on phone
- Start wearing sleep mask
- Sleep with white noise generator app or earplugs



*Get Business
Cards*

Exchanging cards helps remember names and feels good



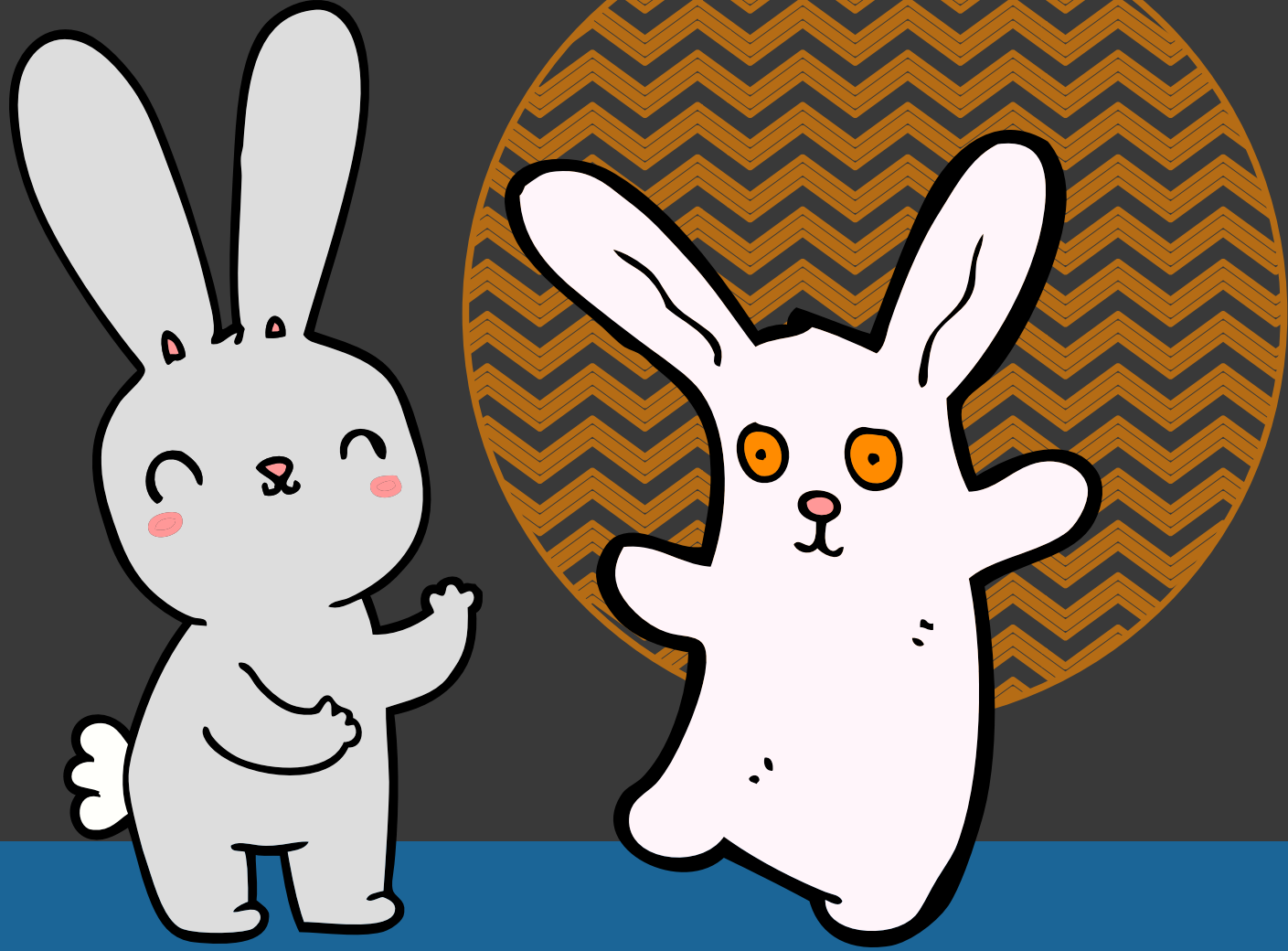
*Email Your
Contacts*

Are they going?
Do they know others who are?



*Research the
Area*

Find cafes & restaurants of interest on a map. Always handy!



INSPIRE YOURSELF

FOR NEW CONVERSATIONS

SMALL TALK DOESN'T HAVE TO BE FAKE

Think about meeting new people as a game. Building skills you establish genuine relationships.

GET EXPERT ADVICE



Listen to "How To Talk To Anyone" by Leil Lowndes before every conference

This audiobook is free through many public libraries in the USA



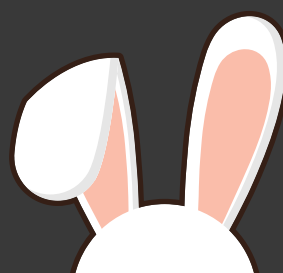
PREPARE YOUR GOOD MOOD

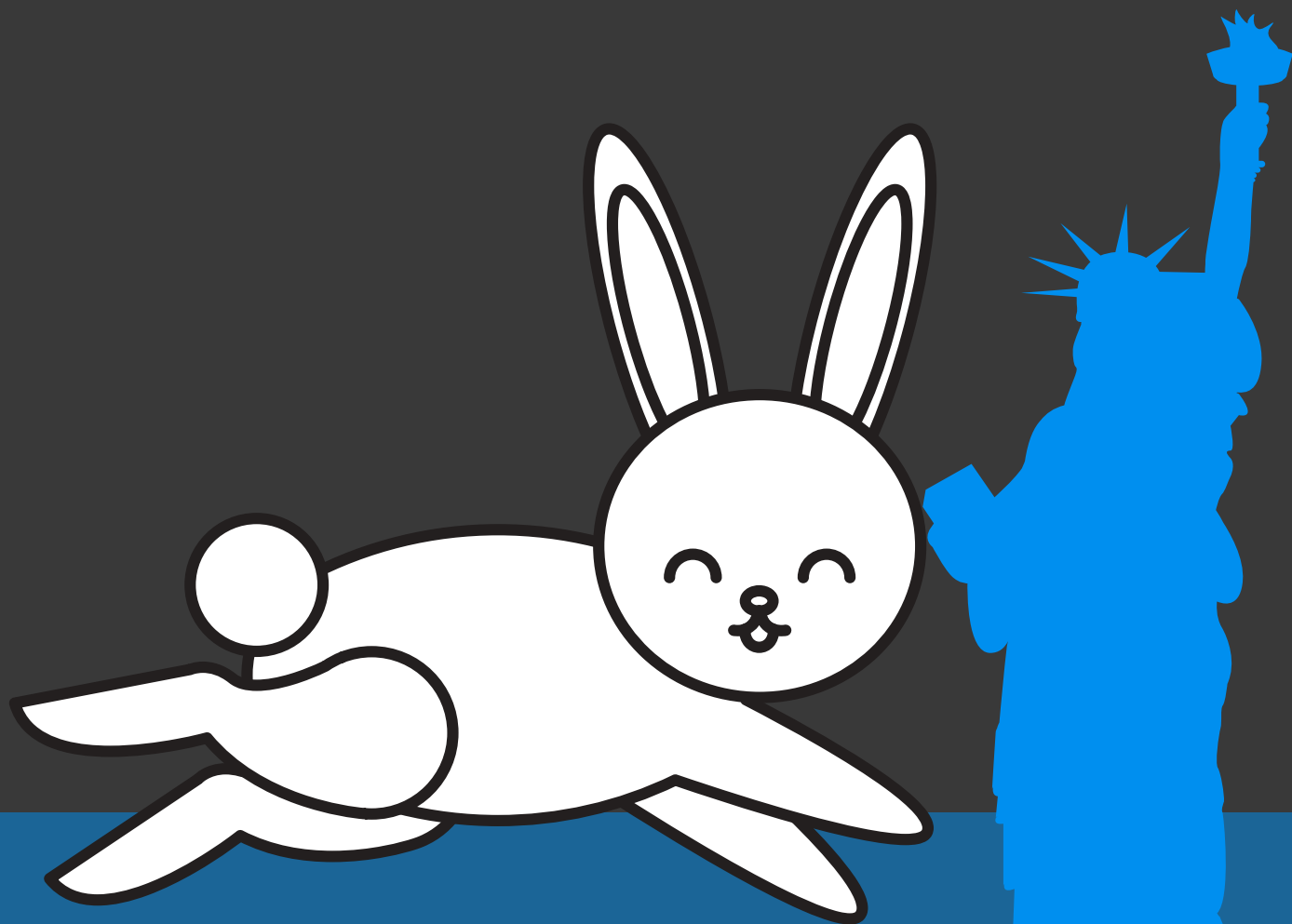


Download a 'Happy Playlist' to your phone to listen to before social events

PRACTICE LISTENING

Remind yourself to actively listen several times a day. Everyone loves to feel listened to.





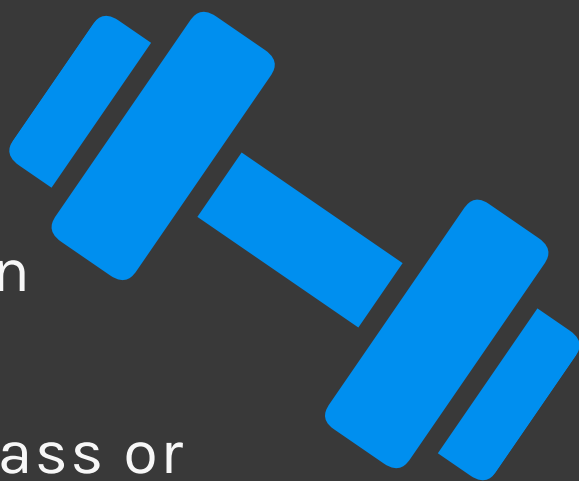
PLAN A LITTLE HEALTHY DOWNTIME



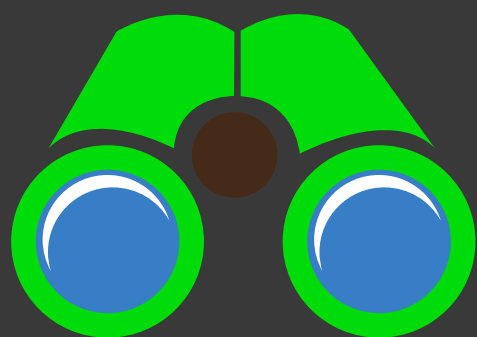
MAP OUT SOME
HEALTHY ACTIVITIES
TO AVOID LONELY
EVENINGS AND
HANGOVERS

EXERCISE

- Research safe, interesting walks in the area
- Find a local spin class or gym (hotel gyms are often sad & getting out is fun)



PLAY TOURIST



Identify at least one local attraction open in the evening which you'd like to visit.

Maybe you'll go alone and refresh your mind by focusing on something else. Maybe you'll invite new friends!