



The Importance of Networking for Researchers

Why building relationships matters in research

Dr Sonia Monteiro

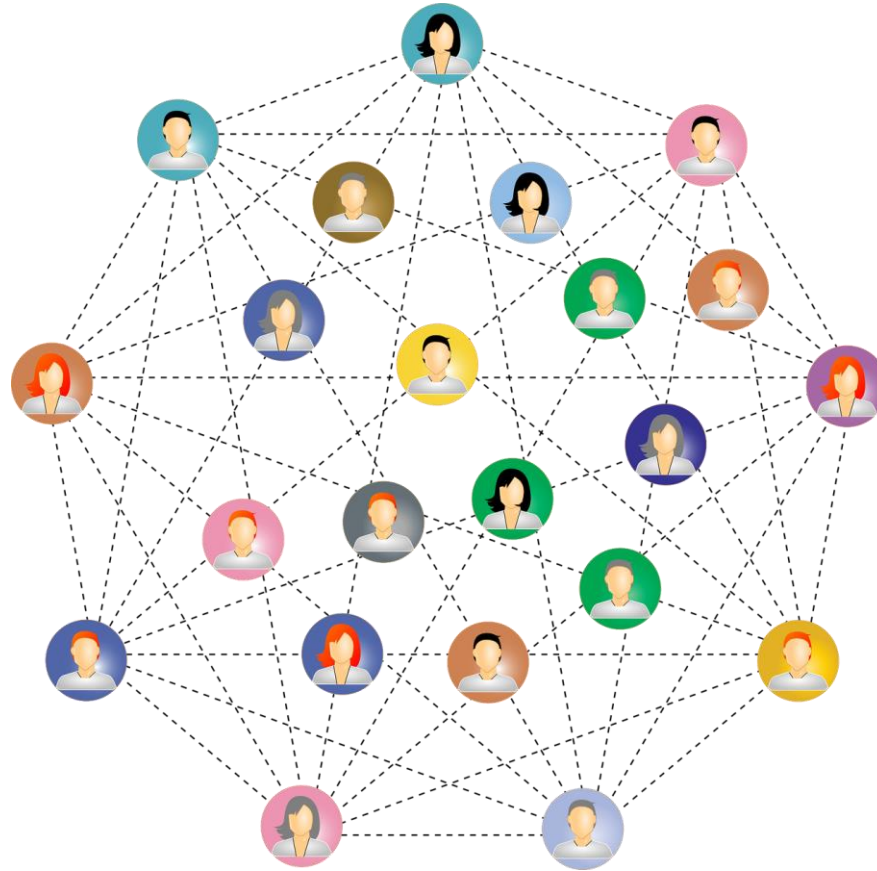
Senior Research Grants Coordinator

Environmental Research Institute

s.monteiro@ucc.ie

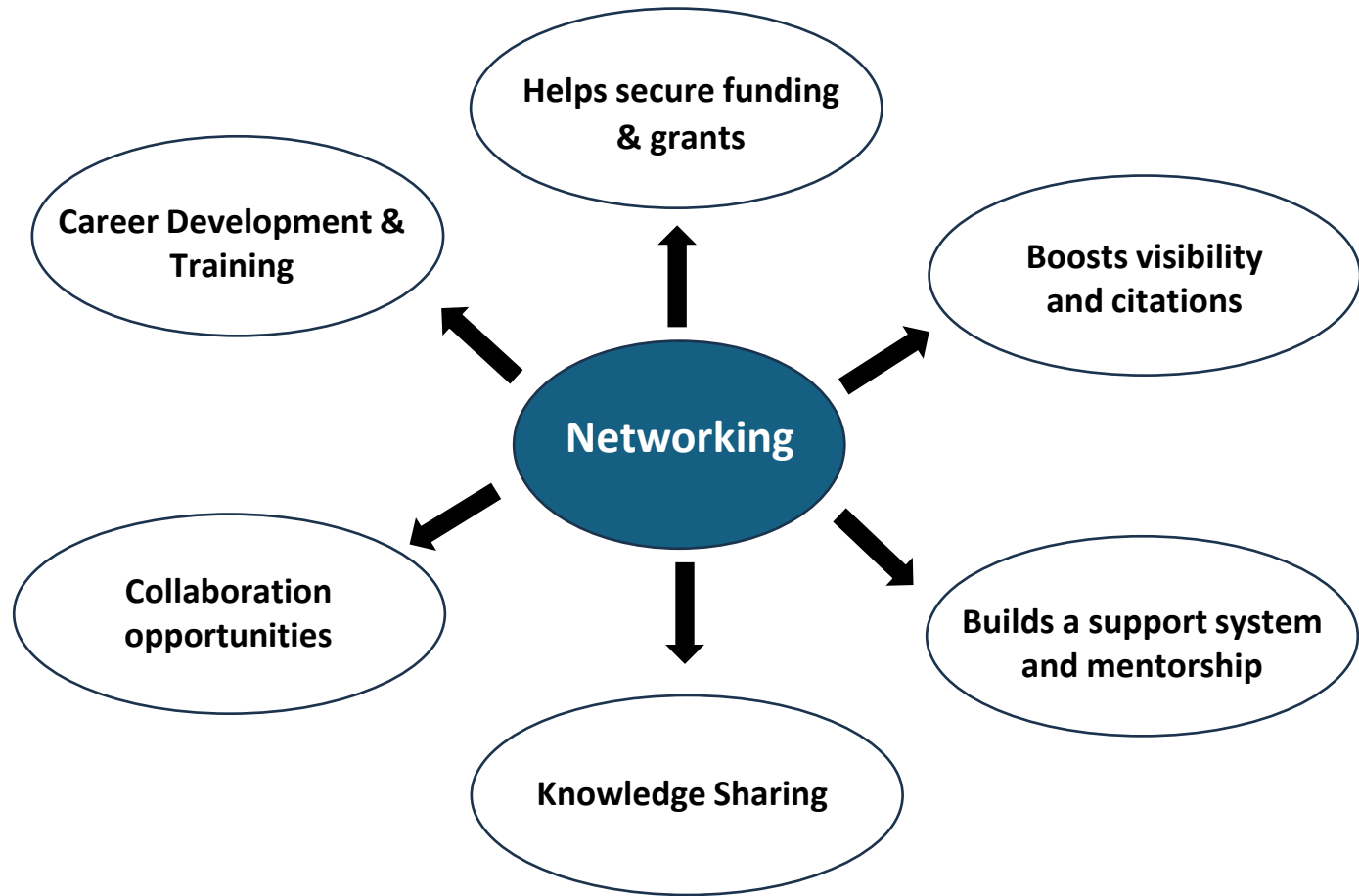
16 May 2025

What is Networking?

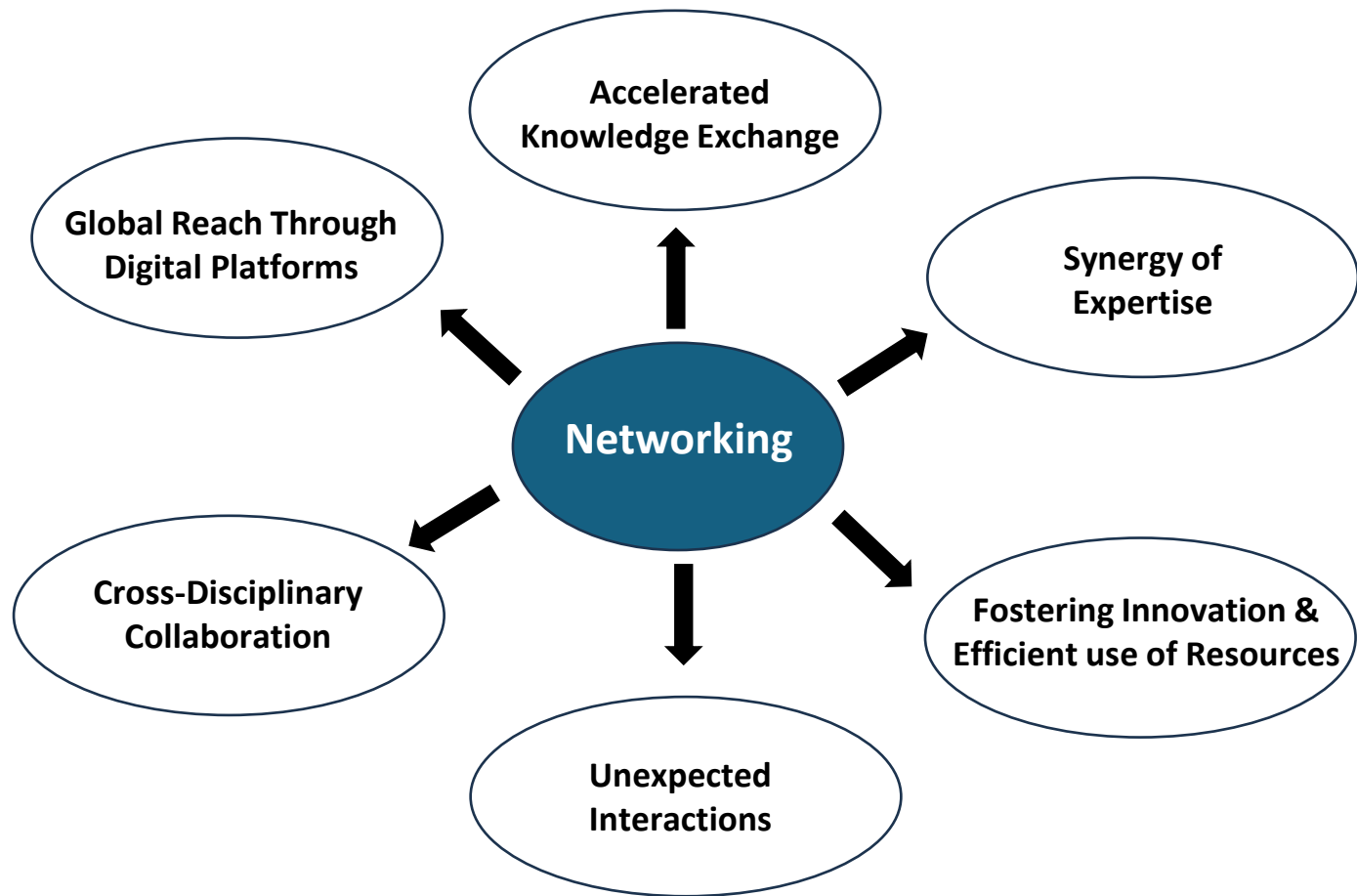


Networking is about building relationships that help share knowledge, ideas, and opportunities. It's about meaningful conversations — not just exchanging business cards

Why network? Benefits for the researcher



Why network? Benefits for the research community



For researchers, networking isn't optional — it's critical. Whether it's access to expertise, finding collaborators, or even discovering your next job, your network often becomes your most powerful asset

How can you start building your research network?



Where can you network?

Conferences and symposiums (online and in person)

Workshops and summer schools

Online platforms (LinkedIn, ResearchGate, Twitter/X)

University seminars and internal events

Chats with people in your group, department,

Networking

Networking doesn't have to be hard or scary

Practice makes it easier

It's okay to make mistakes

Research events and people

Think of reasons to talk to people

Brainstorm questions

Follow up with new contacts soon after you've met

Keep up with people in your network

Introducing yourself - The Elevator Pitch

When you need to introduce yourself to someone at a conference or to a colleague you might want as a partner in a project your goal should be to communicate four things:

- Who are you?

- What do you do?

- Why are you at the conference/getting in touch?

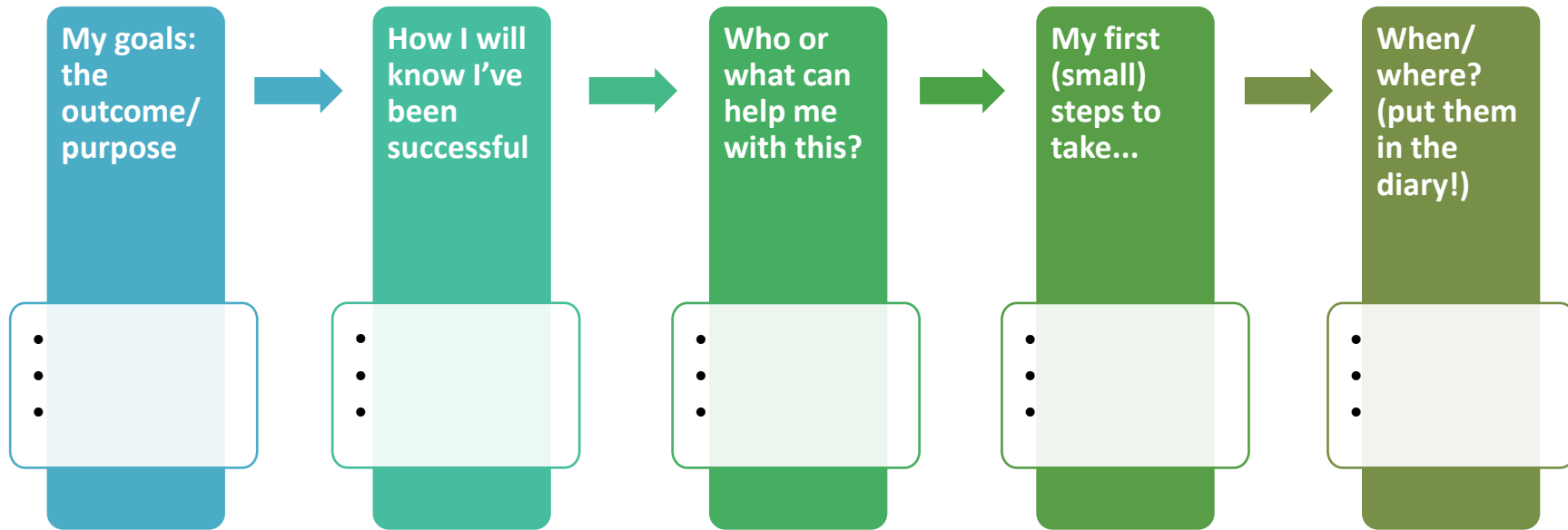
- Why should the person you're speaking to care?

Make sure you're clear, accurate, informative, optimistic, articulate, and succinct

At a conference - all in a single, relaxed burst of speech measured in seconds, not minutes

By email – Try not to go beyond half an A4 page

Making a plan....



Networking is always a two-way process.

Do not approach it solely as about what you can get from it but consider what you can offer to others

It's not just about you; you may meet people that could be helpful to colleagues or Put them in touch (with their permission) –this can be mutually beneficial networking.

Networking Changes over time

Early career → Mentors and advice

Mid-career → Collaborators and grants

Late career → Leadership roles, influencing policy

Connect, collaborate, innovate



Tools and links to Help You Network

[How I learned to embrace networking](#)

[Hesitant about virtual networking? Adjust your approach to harness the benefits](#)

[A networking playbook](#)

[How to do Academic Networking: Online Edition](#)

[Networking' your way to a post-PhD job](#)

[Networking tips for graduate students](#)

[Building Your Network](#)

[Join a COST Action](#)



Any questions?

