

ATHLIFE

**Happy Holidays from AthLife!
Wishing you all the best for 2024!**

Holiday Networking Prep

The holiday season is a perfect time of year to reconnect and network. Reach out to those in your network with a holiday greeting and use holiday gatherings to grow your network and learn about the careers of others. Follow the guidelines below and [click here](#) for more details.

- **Keep it concise** - Often referred to as your elevator speech, it should be about 30-60 seconds or about the time it takes to have a brief conversation in an elevator.
- **Make it count** - Lead with the most important thing you want to share and know your audience, making changes to your statement as needed.
- **Stay flexible** - Remain open-minded as you network and introduce yourself to others while discussing your background and general goals.
- **Be prepared** - Practice your professional introduction so it sounds natural and ask others for feedback.

Small Talk During The Holidays

Small talk can be a big deal, especially during the holidays. Employers view small talk as a soft skill that is vital to advancing your career. While some people are comfortable with making small talk, others struggle. If you find it difficult, there are ways to improve your small talk skills as listed below.

- **Start simple** - Keep the conversation natural and look for a common connection.
- **Practice in low-stress situations** - Practice small talk as you are 'out and about' and be sure to listen and ask follow-up questions.
- **Have a purpose** - Start with a topic that you're comfortable with to guide the conversation.

Follow these [small talk tips](#) and soon you will be a professional at this important soft skill!



Balancing Your Time During the Holidays

December is a busy time as we celebrate the holiday season with our family and friends. It can be overwhelming and a challenge to get everything done. [Click here](#) for some tips to balance your school, work, and family commitments during the holidays.

