

Networking Tips for ASB 2025

Before the Conference

Research labs and people you'd love to meet

Practice a quick 1–2 sentence intro about your work ("elevator pitch")

Set up a digital QR profile (e.g., LinkedIn, personal website, etc.)

During the Conference

Sit with someone new during meals or sessions

Ask thoughtful questions during talks or posters

Attend student or social events — they're built for networking!

Join roundtables, mentor events, or casual chats- Don't be shy!

Conversation Starters

"What research are you most excited about right now?"

"Have you been to ASB before?"

"I saw your poster/talk — I'd love to hear more!"

"I'm trying to learn more about [topic]—do you have any recommendations?"

"How do you explain your work to non-biomechanics folks?"

After the Conference

Follow up with new contacts on LinkedIn or via email

Thank anyone who gave you feedback or time

Jot down a few key things you learned from each new person

Share ASB tips with first-timers next year!

If you have more tips please email
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