

Quarterly Member Networking Events

The purpose of these events is to build meaningful professional connections across the public health laboratory community through structured, small-group conversations.

Come Prepared

- **Concise Introduction**
 - Be ready with a short introduction (name, laboratory, role, why you are here)
- **Bring one real question**
 - What are you trying to figure out, improve or understand better?
- **Identify what you offer**
 - Experience, tools, lessons learned, technical insight, etc.
- **Clarify your goal**
 - Are you seeking collaboration, perspective, mentorship or peer connection?

Virtual Ground Rules

- **Participate at your comfort level**
 - Cameras are encouraged, when possible, but contribution matters more than format.
- **Be present**
 - Limit multitasking and give your attention to the conversation.
- **Respect time and airtime**
 - Keep comments concise and ensure everyone has space to contribute.
- **Engage with curiosity**
 - Ask questions. Seek to understand before offering solutions.
- **Maintain confidentiality**
 - Do not share specific challenges or stories outside this space without permission.
- **Assume positive intent**
 - Participants bring diverse roles, perspectives, and pressures.

Making the Most of Your Small-Group Conversation

- **Share something you're working through**
 - Share one real priority or challenge.
- **Share why you were drawn to this networking event**
 - Are you seeking collaboration, perspective, mentorship or peer connection
- **Balance talking and listening**
 - If you've spoken twice, pause. If you haven't spoken, step in.
- **Share your alignment**
 - Note shared priorities or overlapping expertise.
- **Exchange contact information with a purpose**
 - Do not just drop your email address. Say why you want to follow up.

- **Leave with one next step**
 - A resource to share. A quick follow-up email. A future conversation.

Quick Conversation Starters

- What's taking up most of your time in the lab right now?
- What is something your team is trying to improve or figure out?
- What has been unexpectedly challenging lately?
- Where could peer insight from another lab make your work easier?
- What's one small win your lab has had recently?