



Gratitude Networking

The first type of networking outreach is gratitude.

It's pretty simple - you first make a list of everyone who's influenced your career. At least 10 people you know, and at least 10 people you don't know.


Prompt yourself with questions like:

1. What were the 5 most influential papers I read that shaped my research?
2. Who have I been impressed with that I've seen speak at conferences?
3. Is there anyone a few years ahead of me in my lab that I learned from?
4. Who gave me valuable advice that I took or didn't take?

Then - reach out to tell them how their work has influenced you. That's it - there's no ask or anything more than spreading positivity.

These feel great to send and 50% of the time the person is super appreciative and actually asks you to speak! There's very little to lose.

Gratitude Email (for someone you don't know)

 *A tip to make it much easier and faster to send these emails out regularly - download a free tool like [MixMax](#) and add these emails as templates.*

Subject: Thank you for your work on XYZ XYZ

Hi [Name], I just wanted to say thank you for your work on [specific project, paper, talk, or idea].

I saw you [present at NeurIPS] and took so much from it. It actually led me to do related research on [XYZ XYZ - hyperlink if possible] – and it's made my PhD experience significantly more meaningful and interesting.

Wishing you the best – and thank you!
[Your Name]

PS I'm sending this because I got a message like this once and it made me realize that I don't often tell people when they impact me positively, and it might be nice to try it out.

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Interested in learning the 3 other types of networking and getting the templates to make it way less painful? [Book a free 30-min job search diagnostic here.](#)