



Lara Squires

**Award-winning business mentor,
public speaker, trainer, and serial networker**

“Lara provided a fresh perspective to networking and even reluctant networkers couldn't help but be inspired by her enthusiasm and the great advice she gave. I'm sure we will now feel a lot more confident about meeting new people whether virtually or in-person.

Sam Ampah BA, MAAT, Media Accountant at Alliotts”

Networking Training

Who is this for?

This training is for anyone wanting to get more out of networking, or those that know they should be networking but don't know where to start.

Whether in person (when restrictions allow) or virtually, there are certain tricks to make sure you get the most out of networking.

What will you learn?

- What networking is really about
- What events are out there
- How to decide what networking events to go to
- How, when, and with whom to connect
- Your elevator pitch/60-seconds
- Networking etiquette and follow-up
- How to make networking work for you

Lara's bio

With over 20 years' experience working in professional services and as a winner of the 'Mentor of the Year' award from Sussex Women in Business, Lara has a depth of experience, expertise, and knowledge to help empower and motivate businesses to build your own winning marketing strategy that will steer your business through these challenging times.

Lara is a chartered marketer and fellow of the chartered institute marketing. Throughout Lara's career she has needed to network. This has spanned across several industries from property and recruitment to law and marketing.

Prices start from £295 + VAT for up to 10 people



**Connect with
Lara here**

