

SURVIVING CONFERENCE SEASON

How to Have the Best Conference Experience



DO'S

- **Bring a reusable water bottle.**
 - Most conferences will have refill stations and you need to stay hydrated from all the coffee and walking around.
- **Dress in layers**
 - The temperature in each room is unpredictable. Dressing in layers allows you to stay comfortable no matter the climate.
- **Talk to the vendors**
 - Please come talk to us, we don't bite! The highlight of the conference as a vendor is meeting people, and we often have free stuff to give away.
- **Sit with unfamiliar faces at meal times**
 - We are creatures of habitat and will tend to do what is most familiar but try to take a step outside your comfort zone and sit with new people. How else will you meet new colleagues and friends?
- **Take breaks as needed**
 - Full-day or multi-day conferences can be exhausting both physically and mentally. You won't get anything out of the conference if you are falling asleep during sessions, so take breaks as needed! Go up to your hotel room, grab a coffee, go for a walk or stretch. Then come back refreshed for more conference fun!

DONT'S

- **Don't feel like you have to attend every session**
 - There are so many great sessions and attend as many as possible but refer to "Do take a break as needed." You will be more engaged during the sessions you attend and have a better time overall.
- **Don't ignore freebies**
 - As you walk around the trade show, don't be shy. Grab those giveaways. That is what they are there for! Just be sure to say "Hi" to the person manning the booth you are visiting.
- **Don't have your phone out during sessions, unless you are taking pictures of the slideshow**
 - Having your phone out can be a distraction for you, the presenter and other attendees. Remember to be respectful and have your phone on silent and only use it if you are taking pictures of the presentation.
- **Don't be afraid to ask questions**
 - If you have a question on the presentation, chances are someone else is having that same question. Speak up and ask your questions, the presenter will be glad that you are engaged and other participants will likely appreciate the inquiry.



Conference Tip

Meeting new people and talking with strangers can be nerve-wracking, but remember strangers are just friends you haven't met yet. Plus you already have a common interest, the conference!



Golden Sands
Resource Conservation
& Development Council, Inc.
Conservation That Works!

1100 Main Street, Suite 150
Stevens Point, WI 54481
www.goldensandsrcd.org

Email: grazing@goldensandsrcd.org
Phone: (715) 343-6215
www.facebook.com/goldensandsrcd