

TMAP TIPS

Attending TMAP is an exciting opportunity to learn, grow, and connect — but we know conferences can also be intense, especially when you're balancing work, travel, and packed agendas. This sheet was created by the TMAP Development Sub-committee to offer both practical tips for navigating the conference and supportive ideas to help you prioritize your well-being.



Getting the most out of Exhibitors

- Make a plan to visit exhibitors during breaks or receptions — prioritize who you want to see and take time to explore new tools and services.
- Be curious and conversational — exhibitors often have a front-row view of industry trends and challenges. Ask about what they're seeing in the field.



RECHARGE
ENERGY

If you need alone time to recharge, plan it in your schedule.

Doing things like a morning run, walk, workout, or meditation before the day begins gives you a quiet moment to reset—introverts especially benefit from this “power-down” time to stay energized and engaged.

Expand Your Network

If you see a new face, include them in the space. At some point, everyone was new or a first timer. Including someone in a conversation to extending an invitation to sit down next to you in a session or over a meal can be very meaningful.

Be Proactive

Be proactive, even if it feels a little uncomfortable at first. It's perfectly okay to ask if you can join a conversation — some groups may be chatting professionally, others may be catching up personally. Conferences are a great time to do both! Most people will gladly welcome you in or help find a better time to connect.

LinkedIn Pro Tip

Capture your new connections using the LinkedIn app on your mobile phone by using the QR code feature



Getting the most out of sessions

- Be intentional with your session picks — choose topics that align with your goals, stretch your knowledge, or spark your curiosity.
- Jot down key takeaway or action item after each session to make the content sticks and so you can share with your team post-conference.
- Make notes of the key takeaways you intend to take home to share with your team to demonstrate the value of attendance at TMAP.
- Attend a mix of familiar and new topics — stepping outside your comfort zone can spark fresh ideas and unexpected connections.

