



DEREK DEPREY

How I Connect With People

I used to hate talking with people. In fact, I lived in the gym throughout high school because I was terrified of dating, homecoming, prom, etc. During my days coaching basketball, I was terrified to speak in front of groups. I froze more times than you could ever imagine.

Over the years, I've learned to love connecting and speaking in front of others. How did the transformation happen? I finally took the initiative to connect with people who would inspire me. For example, I wanted to be an entrepreneur, speaker and author. Knowing that you become the combined average of the people closest to you, I took 100% responsibility to spend significant time with entrepreneurs, speaker and authors in ways that we actually enjoyed, versus the normal networking event, adult beverage, lunch, coffee, etc. We connected through what I now call my Weekly Connect 5.



"To connect with others, take the initiative and accept 100% responsibility for your relationships long-term." @derekdeprey #movetoconnect [Click to tweet/share](#)

Weekly Connect 5

1. Move to Grow

Once per week, share an article, video, book or podcast with anyone in your network to let him or her know that he or she is top of mind and that you care about growth.

2. Move to Live Well

Once per week, schedule a FITworking appointment with someone in or out of your network and add value to each other. FITworking is the combination of a workout and a brief meeting agenda with another person.

3. Move to Connect

Once per week, write a thank you note, send a text/make a call just to say hello, type a quick Facebook message or give congratulations on LinkedIn to someone in or out of your network. This is a great way to grow your total number contacts while still staying close to them.

4. Move to Develop Others

Once per week, block some time with a mentee and let him or her provide the agenda. Truly make it all about the mentee.

5. Move to Be Teams

Once per week, add value to a team by sharing a relevant article, video, book or podcast with them. A team can be the organization that you volunteer at, the place where you work or at home with your family.

Since 2010, I've been executing my Weekly Connect 5. While the results are hard to measure, I know that I wouldn't be living my passions if I didn't learn the skill of connecting. If you want to actually do what you desire, try the Weekly Connect 5 and share your story with me.



Start connecting with others by utilizing the "Weekly Connect 5" worksheet for the next 7 days. Prepare by writing your intended action for each "move" before the week begins. [ACTION](#)



Checkout some highlights of Derek's #movetoconnect workshop... [Click to tweet/share](#)



Want more of Derek's insights? Sign up yourself or a friend for complimentary updates!

First Name: _____

Email: _____

Subscribe



Name _____

Weekly Connect 5

Date _____

Start connecting with others by utilizing the “Weekly Connect 5” worksheet for the next 7 days. Prepare by writing your intended action for each “move” before the week begins.

1. Move to GROW

Once per week, share an article, video, book or podcast with anyone in your network to let him or her know that he or she is top of mind and that you care about growth.

Specific Action:

Date:

2. Move to LIVE WELL

Once per week, schedule a FITworking appointment with someone in or out of your network and add value to each other. FITworking is the combination of a workout and a brief meeting.

Specific Action:

Date:

3. Move to CONNECT

Once per week, write a thank you note, send a text/make a call just to say hello, type a quick Facebook message or give congratulations on LinkedIn to someone in or out of your network. This is a great way to grow your total number contacts while still staying close to them.

Specific Action:

Date:

4. Move to DEVELOP OTHERS

Once per week, block some time with a mentee and let him or her provide the agenda. Truly make it all about the mentee.

Specific Action:

Date:

5. Move to BE TEAMS

Once per week, add value to a team by sharing a relevant article, video, book or podcast with them. A team can be the organization that you volunteer at, the place where you work or at home with your family.

Specific Action:

Date:

Want more of Derek's insights? Sign up yourself or a friend for complimentary updates!

First Name: _____

Email: _____

Subscribe