

Networking for Introverts1

Summary

Umemura confides in Breakstone that he feels () in the United States. That although he enjoys living and working there constantly being in a foreign environment is tiring. Breakstone says it is natural to be (). But Umemura says his most significant problem lies in his () personality. Breakstone reassures Umemura that both she and her contacts in Japan think ().

Words and Phrases

	Breakstone is using this to mean, "criticize" or "deal with someone severely". Something like, our boss was vary () Susan about her mistake. He lectured her to be more careful for 20 minutes.
	Breastone means that Umemura was suddenly cast into a certain situation or condition. I would say this usually refers to a negative situation or condition, such as stock markets were () turmoil by the bank's collapse. Or "The whole world was () darkness by the blackout.
	Someone who is () is under a lot of stress, a lot of tension. You could say "I am () about my presentation". for example. I am worrying about it a good deal. Or, "My presentation is ()". Likewise we can use "be knocked out" or "be wiped out" to mean very tired, exhausted. For example, we have been walking around this electronic show for four hours. I am knocked out. Or "After 5 hours Karaoke, I was wiped out.
	Umemura is using "()" for mean have a naturali, inherent tendency or ability for something. A person can be a () leader , a () writet. I prsonally am a () warrior.
	Umemura means "Do not disinterpret what I am saying". To be a little bit more formal, he could have said "please do not misunderstand me".
	() are not supposed to be () of course. So this idiom refers to a person who is doing activities or in an environment that is not usual for them. And they feel uncomfortable, they struggle as a result. I would centerinly be a () if I was assigned to cover scientific developments. I know very lettle about that.
	This is another way to say "Do not worry. It is OK". Imagine you are going to an appointment and your colleage is concerned you will be late, you could reply ;"(). It is just around the corner. We will make it".
	Umemura uses "()" as a noun to mean someone who is strange,peculiar,a misfit. It can also be adjective. For example that was as () presentation. The presenter started singing in the middle.

Networking for Introverts2

Summary

Umemura tells Breakstone that he often has (). Both with his people in his office and strangers at proffessional events. Breakstone tells him he needs to () and offers her help. She says many people feel () at conventions and other professional () but that learning to make connections is () to his career, self esteem and ().

Words and Phrases

	This means no matter how much difficulty, effort or expense is involved, no matter what. So a company might need to improve it's sales ().
	When something is (). It is right at hand. We can access it qickly and easily. I love my smartphone because it puts the Internet, books, videos and games right (). And it does not have to be something you physically access. Imagine someone who is extramely well-informed about the Japanese economy. He can cite many different facts and statistics from memory. He has an enomous amount of information ().
	When a person () they become more sociable, more fridently. We also bring someone (). For example, she hopes playing soccer will bring her daughter ().
	Another way to say "Don't worry about it". It is also very common to say "() something". For example, she is really () her presentations. She has to give it in front of the vice president of marketing. Or she is not () her presentation. She knows the material and she has had lots of time to practise.
	Breakstone is using this expression to mean "overcome", "conquer some personal characteristic that is hindering us". Imagine someone who is very nervous about

	making mistakes. They lose sleep over it, they are very tense. A colleague could say, "He has got to (). All this worrying is not helping him". We also use this expression in completely opposite situations. When someone thinks too highly of themselves, or behaves in a conceited or arrogant way, if someone in your office is always lecturing everyone else, always praising their own achievements. You might think, "Oh, ()".
	Rather than an actual percentage. Breakstone is using "() to mean "almost all", "the vast majority". Lately () use some kind of digital device during their daily commute.
	Breakstone means it is common to feel like one does not belong somewhere. I might feel () at an event where everybody else was very knowledgeable about computer technology. They'd be discussing things that I could not understand. "()" can also mean "inappropriate" or "wrong" for a certain situation or place. People in different industries tend to dress differently, for example. I'd imagine that flashy, eccentric clothes would be () in a bank.
	Begin a conversation Umemura means. "() a friendship" is also used a great deal. You could say, "He and I () a friendship at the sales conference last month".

Networking for Introverts3

Summary

Breakstone confesses that she too is not a (), but relies on a number of techniques to () in situations where she does not know anyone. These include complimenting () or (). Umemura says he also has difficulty () at conferences and (). To which, Breakstone suggests writing down notes on their ().

Words and Phrases

	A () is an area, a situation in which someone feels comfortable, confident in control. People are often out of their () when they travel to a foreign country for the first time. Someone promoted to their first management position might be out of their ().
	The image here is pretty clear. To () is to start some enterprise undertaking as if you start () on the floor. Let's say, you want to obtain a qualification to boost your career. You could () by singing up for a class.
	Breakstone is using this to mean something is an inherent part of our nature. Schemoozing is not (). So it is not part of her inherent personality. "()" is also used to refer to interests and talents etc. that run in a family or nationality or some other generically connected group. You could say, it is not surprising Tom became a doctor. His father, uncle and grandfather were doctors too. It's ().
	In addition to run, the verb can also mean to give something a slight push or shake. And () uses this metaphorically to mean stimulate your memory, so you will remember something, cause you to remember, as if you're nudging your memory. Imagine that two weeks have passed since a meeting, you might look at your notes to () about exactly what was said.
	The image here is managing not to drown. Breakstone is using this expression to mean manage to keep up with something such as work, or other demands. You might say "I am really busy lately. I have to do a lot of overtime just to ()". It is also used to mean manage to survive financially. He took a second job to ().
	This means something has been used or done and proven itself to be effective, reliable. The company has stuck with its () marketing strategy. Or diversifying one's investments is often described as a () financial strategy.
	This expression uses the image of trying on clothing to see if it fits. Breakstone means try something, and see how it goes, see if it suits you. You could say, "I think I will (), see if it is beneficial.
	When talking about people, this expression originally referred to women sitting by a wall at parties because they had no one to dance with. Nowadays it is more broadly applied. It means someone who does not join in the activity of an event who hangs on the sidelines. Or shy, reserved person in general. For example, Marry is a bit of a (). She hardly ever speaks up in meetings. Or John is no (). He walked right up to the president of the company and introduced himself.