

# What is the section "My Connections"?

In this article, we will explain what the section "My Connections" is.

**This section gives you an overview of all the connections you have made either through a scheduled meeting or a mutual interest with someone.**

**All connections listed in this section are available to start chatting or to request a meeting with.**

## Option 1: Start chatting

The screenshot displays the Grip Expo user interface. At the top, there is a search bar and navigation icons for Network, Schedule, Notifications, Profile, and Teams. A banner at the top encourages upgrading to Grip Teams Premium. The main content area is titled "My Connections" and lists several contacts. Each contact entry includes a profile picture, name, a message snippet, a timestamp, and two icons: a chat icon and a meeting icon. A callout box points to the chat icon for Sam Butler, with the text "Click on the chat icon to open the chat window".

**RECOMMENDATIONS**

- Recommended for You
- Interested In You 3
- My Connections 2**
- My 'Interested' List
- My 'Skip' list

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**PENDING MEETINGS**

- Meeting: Erik Pavelka**  
12:30 - 13:00  
Booth 1

**My Connections**

- Start a conversation with Sam Butler.** (15 Mar 18:48)
- Ana Garcia**  
Hi Tim, this is Ana during the Grip Expo demo! (15 Mar 00:13)
- Liz Irving**  
Hi Tim, this is liz during the gripexpo demo! (13 Mar 20:51)
- Erik Pavelka**  
Hi Erik, hope you're doing well and the event went well last week. Let me know if you have any feedback on the platform :) (13 Mar 18:48)

## Option 2: Request a meeting

If you have any additional questions about regarding your profile preferences and how to optimise it please do not hesitate to email us at [support@grip.events](mailto:support@grip.events).

Did this answer your question? 😊 ☹️

☑ [Still need help? Contact Us \(/contact\)](/contact)

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