



Practical guide · October 2026

# Grow on LinkedIn. Find your niche and start valuable conversations.

A manual method to find the right people, contribute from your experience and turn interactions into professional relationships.

## 01 / Discover

### Find profiles that fit your value proposition.

Define who you want to meet and what you can contribute. This guide uses nutritionists as an example; adapt the searches to your industry.

1. Write your value proposition in one sentence.
2. Choose words for profession, topic, specialty and location.
3. Save ten profiles and note why each one fits.

#### Your value proposition

I help [person or business type] achieve [specific outcome] through [what I offer].

#### By profession and country

site:linkedin.com/in/ nutritionist Colombia

#### By topic and education

site:linkedin.com/in/ "nutrition" "PhD"

#### By specialty

site:linkedin.com/in/ "clinical nutrition"

Replace profession, topic and location with your niche. Google shows indexed pages; complete the search within LinkedIn. Check the profile's education before describing someone as a person with a PhD.

**An initial selection of ten profiles, with a specific reason to approach each person.**



## 02 / Connect

### Make your profile explain why someone should talk to you.

Someone visiting from a comment should understand what you do, who you help and what you can contribute.

1. Review your photo, headline, About section and a link or resource showing your work.
2. Read profiles and posts. Follow people who share relevant topics.
3. Connect for a specific professional reason. Add a personal note when that option is available.

#### Adaptable invitation

Hi, I saw your post about [topic]. I work in [area] and found your approach to [specific point] interesting. I would like to connect.

## 03 / Contribute

### Publish, comment and share thoughtfully.

Use your experience to develop a conversation. A useful question, process or specific lesson helps show how you think.

1. Publish a lesson, process or example related to your offer.
2. Comment on a specific idea in a post and add a relevant experience or question.
3. Repost with your interpretation: explain what interests you and how it relates to your work.
4. Reply to comments you receive and return to topics that drew interest.

#### Adaptable comment

Your point about [idea in the post] interested me. In my work with [team type], we have observed [verifiable lesson]. How do you approach this in [specific situation]?

#### Post idea

Working with [professional type], we found [specific problem]. We tried [action] and learned [verifiable finding]. Here is the process. Which part is hardest in your work?

#### Repost with your interpretation

I am sharing this post because of [specific idea]. It connects with my work in [area] because [reason]. I would add [your contribution].

Replace bracketed fields with real information. These are structures to adapt, not messages for sending in bulk.

## 04 / Converse

### Follow up and observe which relationships progress.

A reply is a beginning. Continue around the shared topic and suggest a next step when interest is mutual.

1. Reply by building on the other person's point.
2. If interest is mutual, continue through a private message with context.
3. Suggest a meeting or collaboration for a specific reason.
4. Review activity and profile data after seven and thirty days.

#### Continue a reply

Thank you for your reply about [topic]. [Point] caught my attention. I am working on [related context]. Would you be interested in discussing [specific next step]?

### A 15-20 minute routine.

A suggested starting point: adapt the time to your schedule and open conversations.

- 4 min / Review two or three posts from relevant profiles.
- 6 min / Write a comment adding a specific idea or question.
- 5 min / Reply to open conversations and connect when there is context.
- 5 min / Save a lesson or prepare your next post.

### Review signals after 7 and 30 days.

#### After 7 days

Review profiles found, comments made, accepted connections and relevant replies.

#### After 30 days

Compare followers, impressions and profile visits over equal periods. Record meetings and partnerships separately.

These time frames are review points. Results depend on context, contribution quality and other people's responses.



## Your first week.

Day 1 / Define your proposition, review your profile and save ten relevant people.

Days 2-3 / Read their posts and participate where you have a useful contribution.

Days 4-5 / Publish a lesson and share another post with your interpretation.

Days 6-7 / Reply, return to conversations and note which topics connected.

## How we are applying this with nutritionists.

On our personal profile we have connected with nutritionists, received replies from people with PhDs and opened partnerships through this LinkedIn activity. The experience was shared by the profile owner.

We are collecting the case's captures and data. The linked story contains mockup figures labeled as synthetic; this guide does not present them as real results.

### Explore the profile's story

#### A message to share the guide.

I put together the method I have been using on LinkedIn to connect with nutritionists, talk with people with PhDs and open opportunities for collaboration. Here are the actions to get started.

## Bring the method into your work.

You can apply every action in this guide manually. AI Community Manager helps find relevant posts and prepare interactions under the account's rules. Your team retains judgment, content production and relationship follow-up.

## Sources and usage notes

Google: site: operator

LinkedIn: connecting with context

LinkedIn: personalized invitations

LinkedIn: relevant content and conversation

