



HOW TO DOWNLOAD YOUR LINKEDIN CONNECTIONS

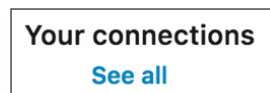
Before starting, have your LinkedIn password to hand. You'll require it in a few minutes time.



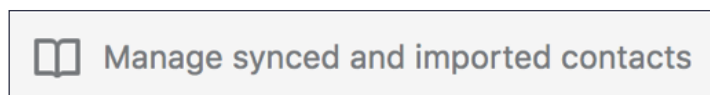
1. From your LinkedIn Homepage, click on **'My Network'** on the top navigation bar.



2. On the left-hand side click on **'See all'** underneath **'Your connections'**.

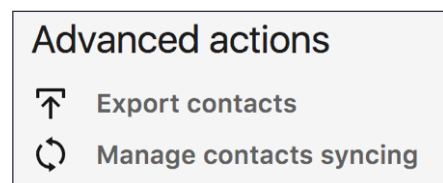


3. On the top right of the page click on **'Manage synced and imported contacts'**.



4. Mid-way down the right-hand side of the page click on **'Export contacts'**, underneath **'Advanced actions'**.

This will reveal a radio button tick option.



5. Tick **'Connections'** then click **'Request archive'**

At this point you'll be asked for your LinkedIn password.

(If you haven't updated your LinkedIn password for some while, I recommend you do so!)

Manage your data and activity **Privacy** Ads

Review the data that you've provided, and make changes if you'd like

Download your data

Download an archive of your account data, posts, connections, and more

Your LinkedIn data belongs to you, and you can download an archive any time. You can learn more about what data you can export by [visiting our Help Center](#).

The works: All of the individual files plus more. [Learn more](#)

Pick and choose: Select the data files you're most interested in. [Learn more](#)

<input type="checkbox"/> Articles	<input checked="" type="checkbox"/> Connections
<input type="checkbox"/> Imported Contacts	<input type="checkbox"/> Messages
<input type="checkbox"/> Invitations	<input type="checkbox"/> Profile
<input type="checkbox"/> Recommendations	<input type="checkbox"/> Registration

Request archive Your download will be ready in about 10 mins

6. Enter password.

Request archive Your down

For your security, enter your password to make this change

Password

Done [Forgot password](#)

Having entered your password, this message will appear:

We will send you an email when your download is ready.

Request pending

In your inbox, usually in a couple of minutes, will pop this message.

Nigel Cliffe

Hi Nigel,

Your LinkedIn data archive fast file is ready for you! You can [download it with this link](#).

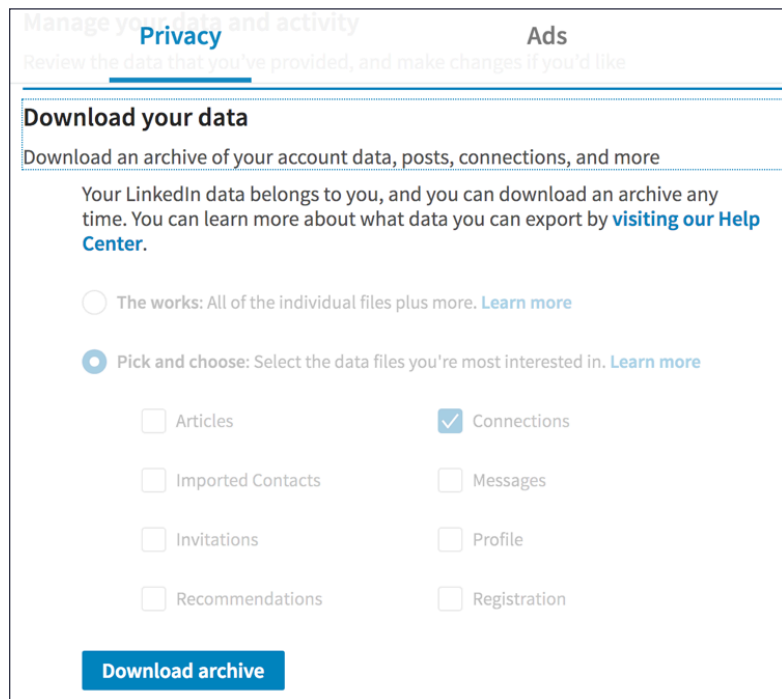
This download includes your connections, contacts, recommendations, messages, and profile information. You can learn more about your data archives in our [Help Center](#).

Thanks,
The LinkedIn Team

7. Click on **'download it with this link'**.

This will pop-open your LinkedIn account again, showing.

8. Click on **'Download archive'**.



The screenshot shows the LinkedIn 'Download your data' interface. At the top, there are tabs for 'Privacy' and 'Ads'. Below the tabs, the text reads 'Download your data' and 'Download an archive of your account data, posts, connections, and more'. A paragraph explains that LinkedIn data belongs to the user and can be downloaded at any time, with a link to the Help Center. There are two radio button options: 'The works' (selected) and 'Pick and choose'. Under 'Pick and choose', there are checkboxes for 'Articles', 'Imported Contacts', 'Invitations', 'Recommendations', 'Connections' (checked), 'Messages', 'Profile', and 'Registration'. A blue 'Download archive' button is at the bottom.

This will download the .CSV file (a spreadsheet) to your desktop to file.



I recommend you repeat this task at least every six months, if not more often.

9. Add a note to your diary to repeat the operation.

These are YOUR connections – make sure you have a copy of them you can keep as well as store them on LinkedIn.

Nigel Cliffe
nigel@valueexchange.co.uk
07976 894353

[linkedin.com/in/nigeljcliffe](https://www.linkedin.com/in/nigeljcliffe)
[linkedintraining.co.uk](https://www.linkedin.com/training/nigeljcliffe)

