Offices are social places. Employees and managers take coffee breaks together, go to lunch, hang out over drinks, and talk about family and hobbies. In this study, we provide evidence that social interactions with the manager can be advantageous for career progression, and that this phenomenon can account for a significant share of the gender pay gap. We use administrative and survey data from a large financial institution. We estimate the causal effect of managers' gender on their employees' career progression by means of an event-study analysis of manager rotation. We find that when male employees are assigned to male managers, they are promoted faster in the following years than they would have been if they were assigned to female managers; female employees, on the contrary, have the same career progression regardless of the manager's gender. These differences are not accompanied by any differences in effort or performance, and can explain a third of the gender gap in promotions at this firm. Then, we provide evidence that the effects are driven by the social interactions with their managers. We show that the effects are more pronounced for employees who work in close proximity to their manager and coincide with an uptake in the share of breaks taken with the manager. Last, we show that a different shock to social interactions has similar effects even among male employees: when male employees who smoke transition to male managers who smoke, they take breaks with their managers more often and are subsequently promoted at higher rates.