

✿ All About Introverts ✿



Introverts =

They gain their
energy when spending
time alone.

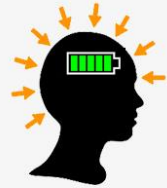


Extroverts = They gain their energy
when with other people.



**Introverts ≠ Shy, doubtful,
lacking confidence**

1 IN 3
PEOPLE ARE
INTROVERTED



INTROVERTS

- INTIMATE DRINKS
- EMAIL COMMUNICATION
- WORK BETTER ALONE
- TIRED AFTER SOCIALIZING
- GOOD WRITING
- EASILY DISTRACTED



EXTROVERTS

- BIG PARTIES
- PHONE CALLS
- GROUP WORK ENERGIZES
- CROWD EUPHORIA
- GOOD SPEAKERS
- EASILY BORED

“BE MORE OUTGOING”

#1 SENTENCE **NOT** TO TELL INTROVERTS



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Understanding the differences between introverted and extroverted tendencies can be a helpful tool for better understanding yourself and others around you.

ARE YOU AN INTROVERT OR AN EXTROVERT?



LEARN IN JUST UNDER
4 MINS.

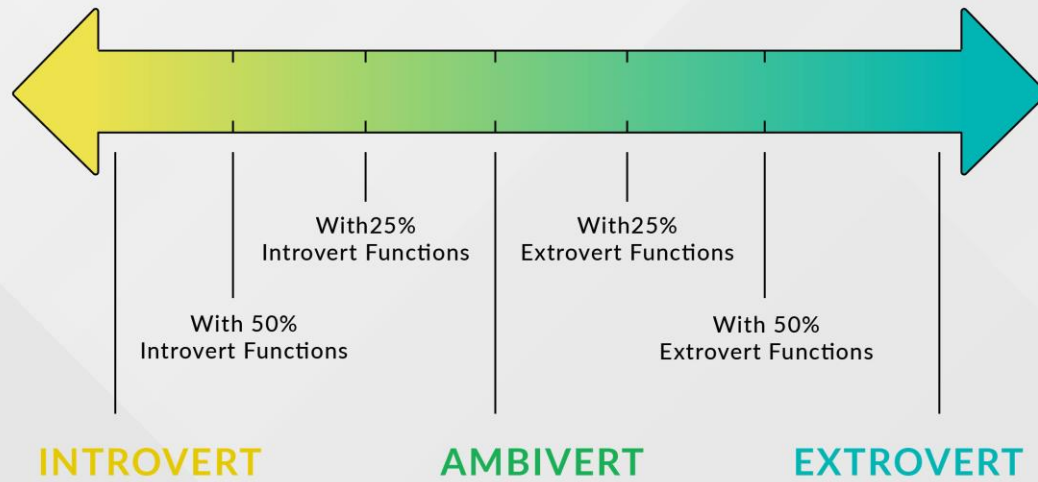


SCAN ME &
PARTICIPATE



<https://www.coachjohncey.com/introversionextroversionquiz>

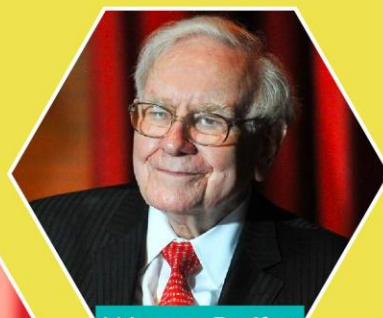
INTROVERSION EXTROVERSION SPECTRUM



SOME FAMOUS INTROVERT LEADERS



Elon Musk



Warren Buffet



Marissa Mayer



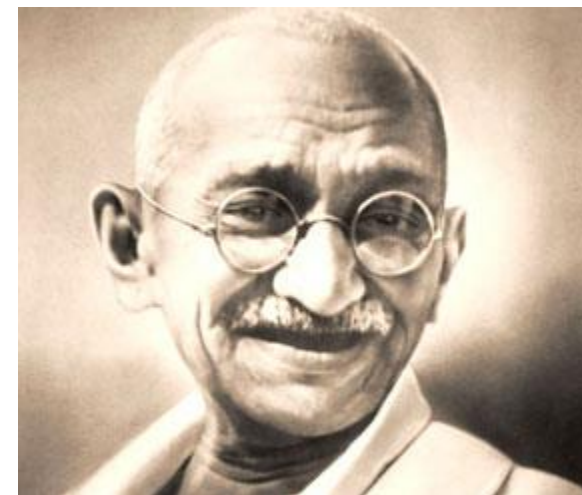
Bill Gates



Mark Zuckerberg



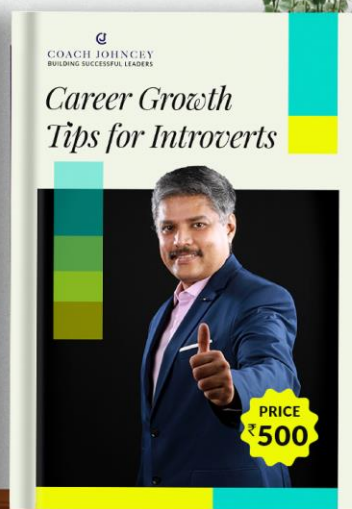
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Mahatma Gandhi

A man of few words is considered an Introvert

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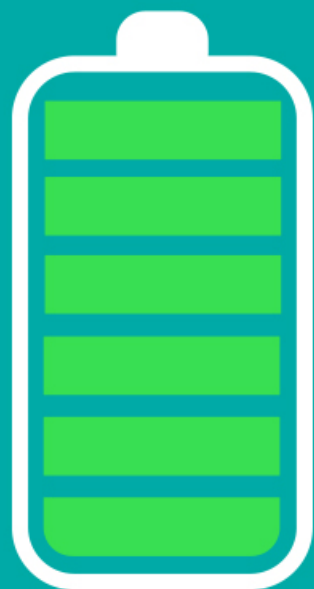
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INTROVERT'S BATTERY



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ALONE



2 PEOPLE



3 PEOPLE



4 PEOPLE



5 PEOPLE

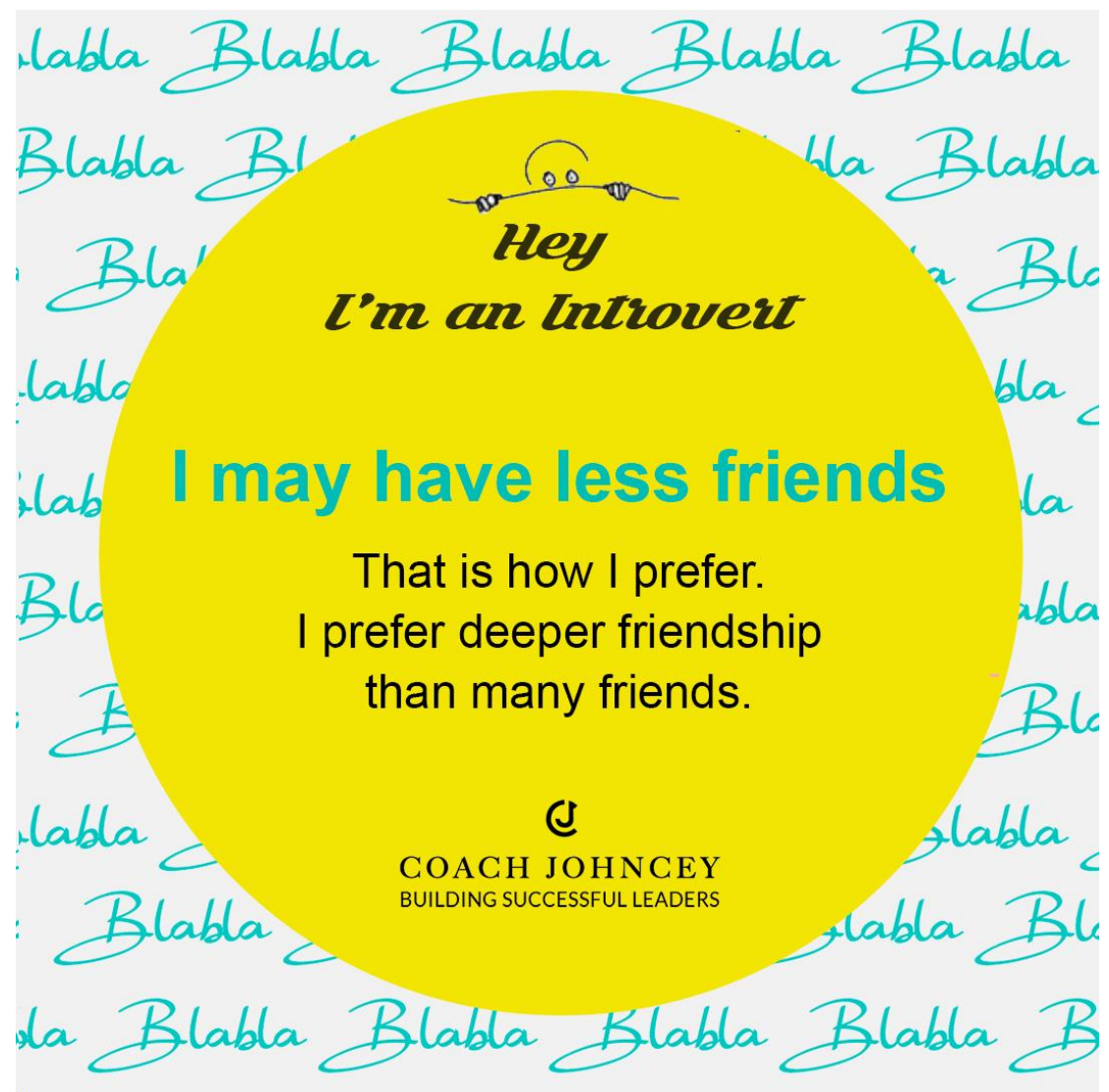
INTROVERT



EXTROVERT



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Hey
I'm an Introvert

I may have less friends

That is how I prefer.
I prefer deeper friendship
than many friends.



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#introvertsareawesome

I'M NOT
ANTISOCIAL
I'M
SELECTIVELY
SOCIAL


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INTROVERSION ≠ SHYNESS

INTROVERSION

- Prefer working in quiet environment
- Prefer low stimulation environment
- Social Energy is limited
- Hate Small Talk
- Speak only when necessary
- Don't feel lonely and don't wish to socialize
- Don't worry too much about getting rejected

SHYNESS

- Low self esteem
- Fear of negative judgement
- Lacks social confidence
- Feel lonely and wish to socialize
- Anxious about socializing
- Often worry about getting rejected



An Introvert's survival kit



A Good book



Tea



Laptop with
internet connection



Comfy clothes



Nature



Writing/ art
supplies



Solitude



Deeper
Relationships



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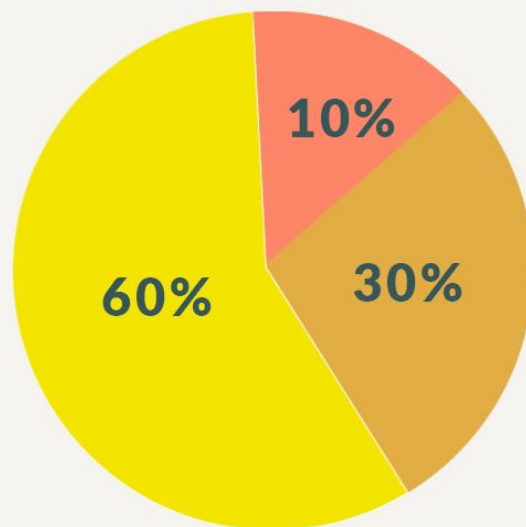
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INTROVERTS DURING CONVERSATION



● LISTENING ● THINKING ● TALKING

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Why I'm Quiet

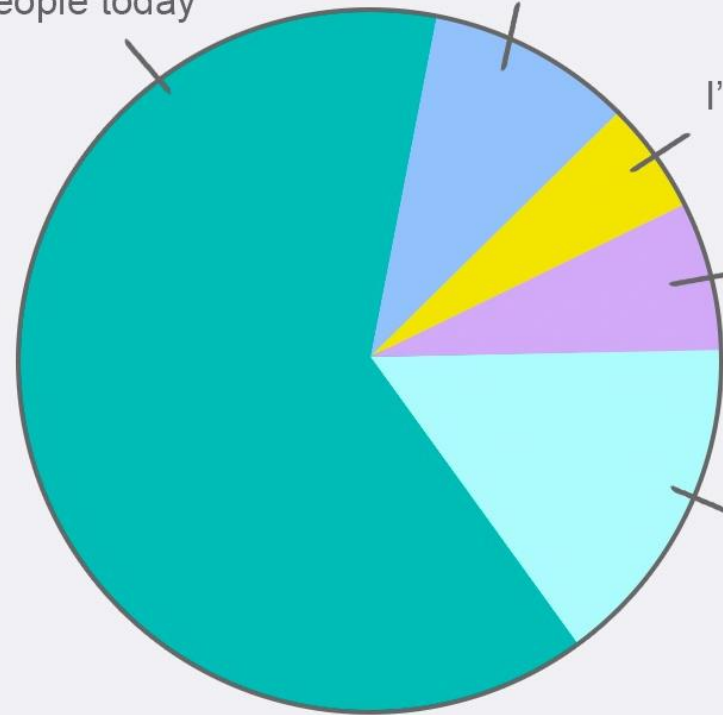
I don't feel like interacting with more people today

I spoke a lot today, need to recharge

I'm reading

Quiet thinking brings out my best work

Don't see the point in small talk

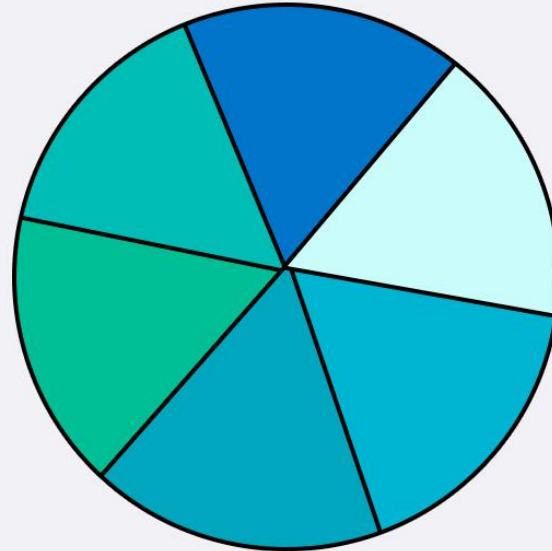


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LEADERSHIP TRAITS OF STRONG LEADERS

Skills / Traits	Introverts
Deep Relationships with People	✓
Depth in the conversation	✓
Exude Calmness	✓
Listen when others speak	✓
Decisions after deep thinking	✓
Observant	✓
Introspective	✓
Empathy	✓
Diplomacy	✓
Thoughtfulness	✓

THE PERKS OF BEING AN INTROVERT



- ▲ STRONG SENSE OF SELF
- ▲ GREAT IMAGINATION
- ▲ KNACK FOR LISTENING
- ▲ DEEP THINKING SKILLS
- ▲ PERFECT EXCUSE TO STAY HOME AND WATCH NETFLIX OR READ THAT BOOK
- ▲ YOU'D DEFINITELY BE CHILL STRANDED ALONE ON AN ISLAND FOR AWHILE SINCE YOU CAN ENTERTAIN YOURSELF WITH YOUR THOUGHTS



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Dear Introvert Professional

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Johnny George

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as Director, COO, Board of
Directors, Founder, Leadership
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