

☀️ All About Introverts ☀️



Introverts = They gain their energy when spending time alone.

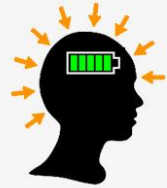


Extroverts = They gain their energy
when with other people.



**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?



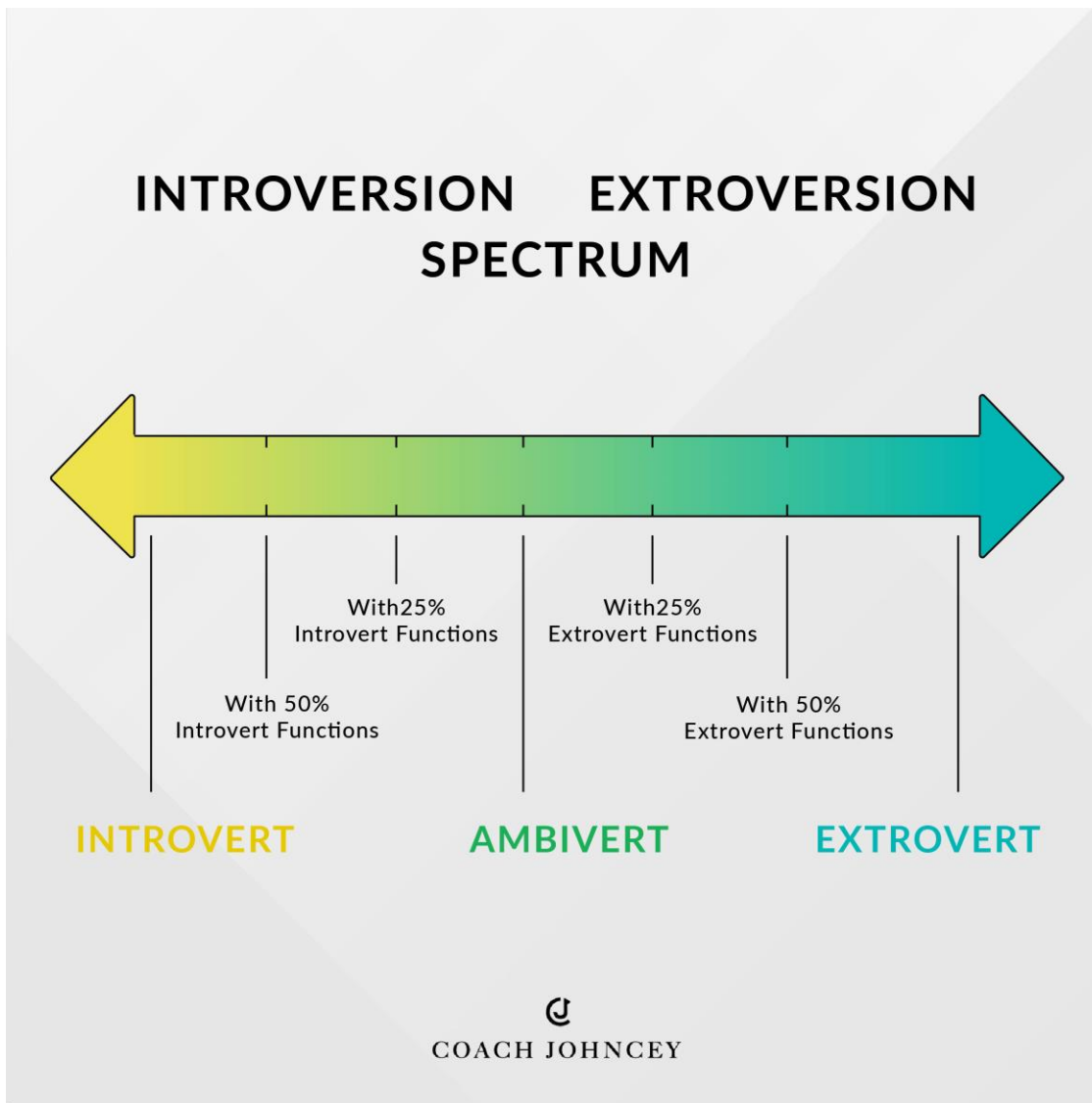
LEARN IN JUST UNDER
4 MINS.



SCAN ME &
PARTICIPATE



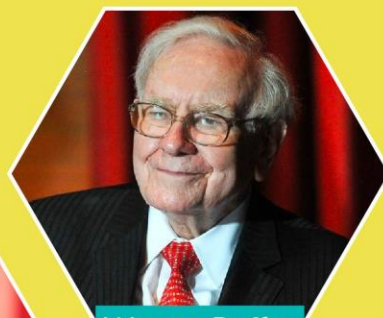
<https://www.coachjohncey.com/introversionextroversionquiz>



SOME FAMOUS INTROVERT LEADERS



Elon Musk



Warren Buffet



Marissa Mayer



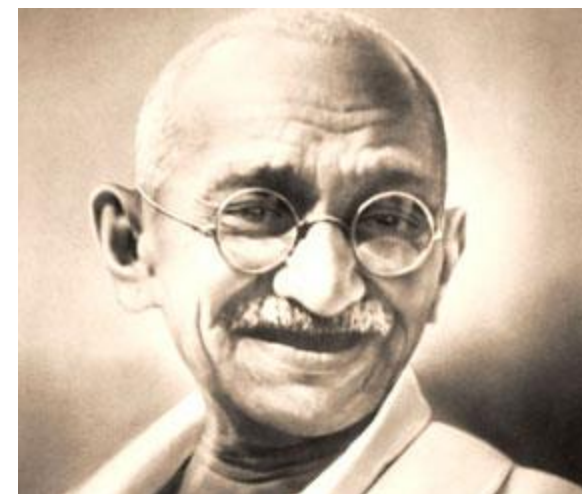
Bill Gates



Mark Zuckerberg



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Mahatma Gandhi

A man of few words is considered an Introvert

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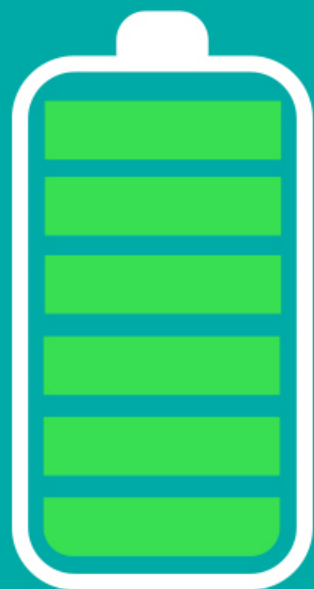


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INTROVERT'S BATTERY



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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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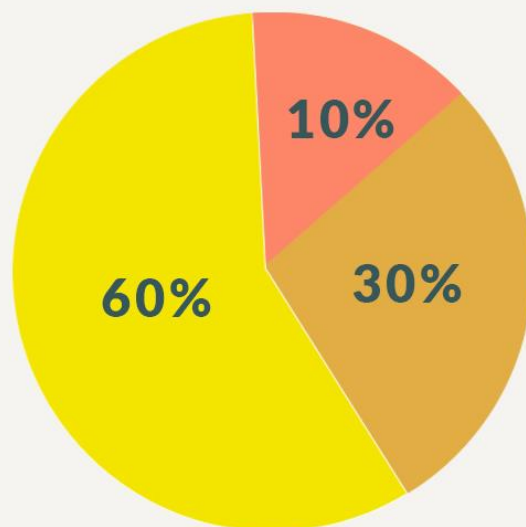
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INTROVERTS DURING CONVERSATION



● LISTENING ● THINKING ● TALKING

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Why I'm Quiet

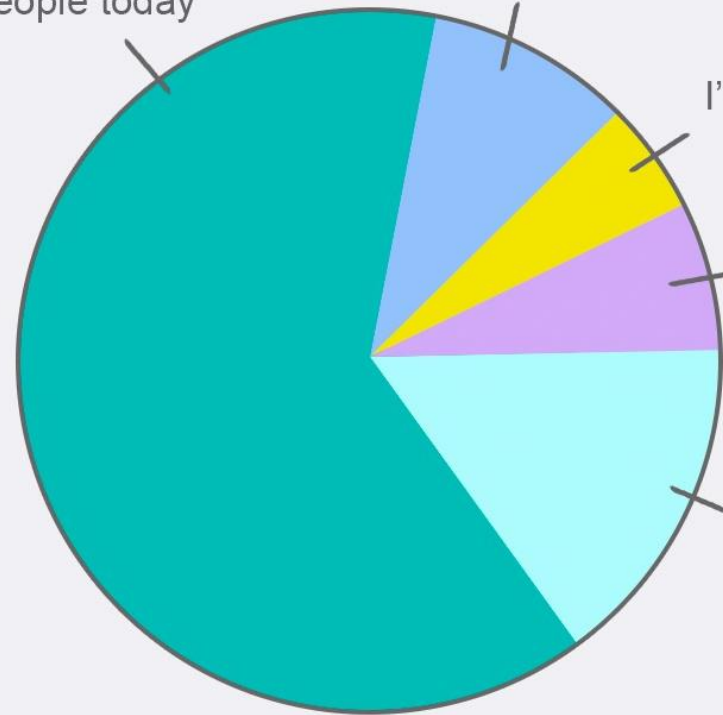
I don't feel like interacting with more people today

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

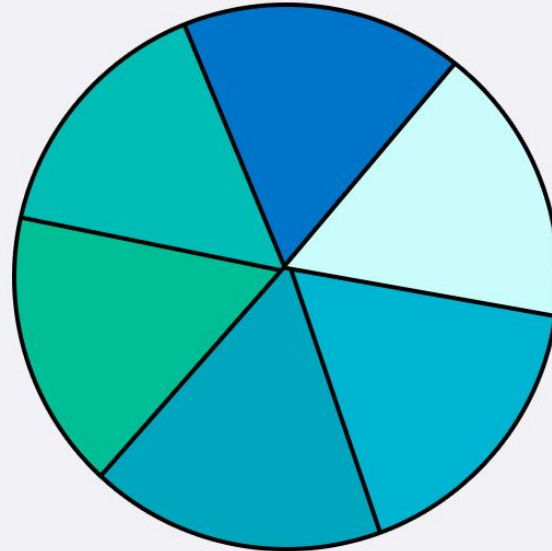


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LEADERSHIP TRAITS OF STRONG LEADERS

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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**FREE Communication Masterclass for Introverts
3 Secrets to Confident Communication and Career Growth**

Register for the FREE Masterclass

<https://introvertcommunication.com/masterclass-org/>

#IntrovertsAreAwesome

**Quiet minds,
fierce hearts,
extraordinary
leadership**

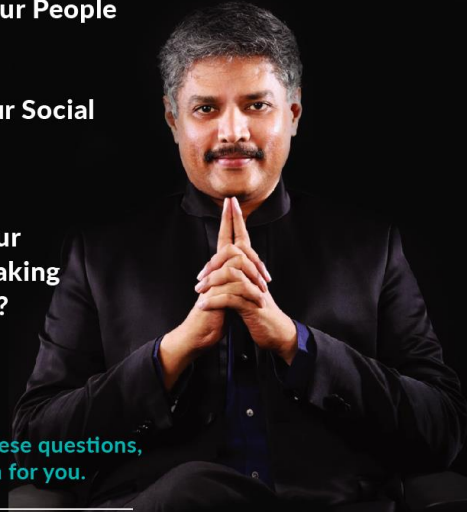
Leadership Coach for Introverts | Embracing & Empowering Introversion

johncey@coachjohncey.com |  +91-98450-59631 | www.coachjohncey.com

LEADERSHIP SUCCESS CLUB

TRANSFORM YOURSELF FOR C-SUITE ROLES

- ✔ Are you a mid level career professional and do you aspire to become a C-level Executive?
- ✔ Do you aspire to start and/or scale up your own company?
- ✔ Don't you want to sharpen your People Management Skills?
- ✔ Do you lack confidence in your Social Skills and struggle to build Professional Relationships?
- ✔ Would you like to sharpen your Networking skills, Public Speaking skills and Executive Presence?



If your answer is "YES" to ANY of these questions, this is the Right and a Must program for you.

This program has a combination of 1:1 Coaching and Cohort based learning and helps you develop the mindsets and skills required for a C-suite role.

CONTACT NOW FOR MORE DETAILS

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 +91 9845059631
www.coachjohncey.com

[Schedule a Free Meeting](#) to Learn about this
1 Year Leadership Development Program
for Introverted Professionals



COACH JOHNCEY

Executive Leadership Coach

Johncey George is an International Coaching Federation Accredited Professional Certified Coach (ICF PCC). He has done 1250+ hours of Professional Coaching.

Johncey focuses on Leadership Coaching for senior leaders of organizations and has focussed leadership development approach for Introvert Leaders.

Johncey has 23 years of corporate leadership experience playing different roles like COO, Director, Board of Directors, Head of Software Delivery in companies like Schneider-Electric, Invensys PLC, Skelta. In these roles Johncey built several large teams across software delivery, global programs and projects, customer support, training, HR and others.



Coachee Testimonials

"Johncey was my coach for about a year. The fact that he specialises in coaching 'introverts' helped him understand my problems, concerns and apprehensions better than most people would. An absolutely fantastic year of coaching with Johncey!" - Emma Jindal, CFO of a Fortune 500 Global Company

"Executive Presence and Personal Branding sessions helped me further improve my relationships with senior execs in my organization" - HOD, MNC Bank

"125% revenue growth despite the pandemic" - Simon Louis, MD, PestoTouch

"If you are an introvert and would want a result-oriented coaching for an overall development, be it in your professional or personal life, Johncey's program is worth going through" - Adarsh PS, HR Professional

"Stakeholder engagement and Strategic Thinking are 2 key areas where | gained...| have taken up a new role as CTO"
- A newly promoted CTO of MNC

"His guidance helped me to attain a promotion to the next role in a very short span of time."
- Sreejith, Principal Information Developer Citrix



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LEADERSHIP COACH FOR INTROVERTS

INTROVERT COMMUNICATION MASTERY

A Coaching Program Empowering Introverts to Speak Up Anywhere!

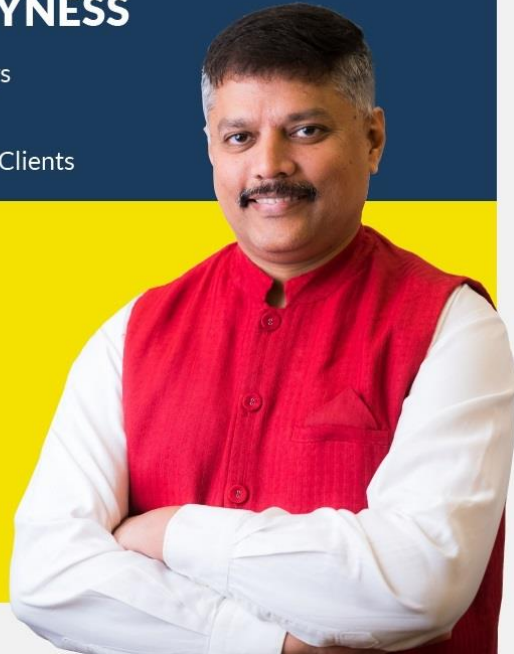
INTROVERSION \neq SHYNESS

- ✓ Be a Confident Communicator in 60 Days
- ✓ Overcome Nervousness
- ✓ Impress Your Sr Management Team and Clients



REGISTER
NOW

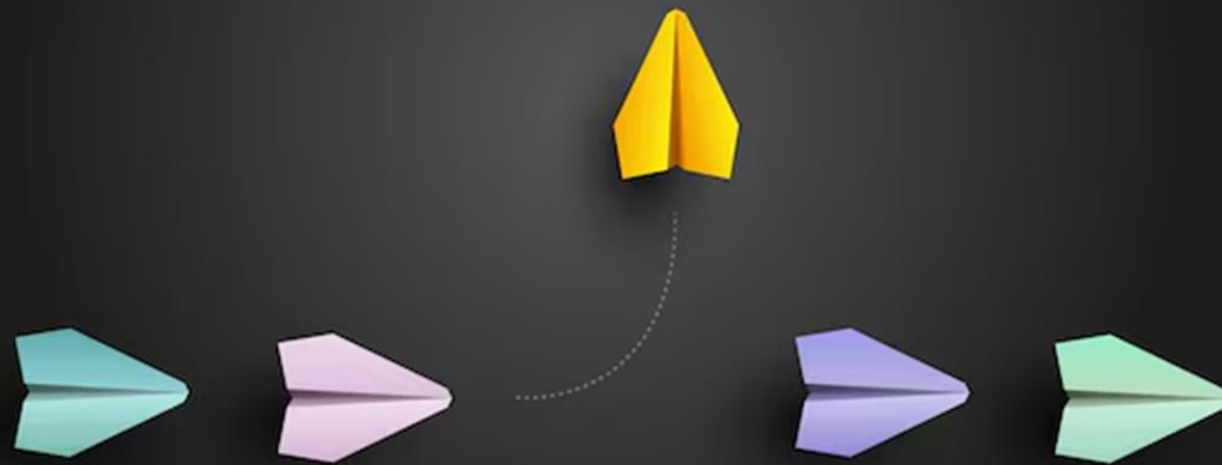
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**NOTHING WILL
CHANGE,
UNLESS YOU CHANGE**



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