



# Leverage the superpowers of introversion.



## Introverts: Your worth is very real

Let others know when you need **space**.  
Participate in meetings **at the beginning**.  
Find **other introverts** to connect with & learn from.  
Plan your extroverted activities **intentionally**.



## Extroverts: Support your introverts

Provide meeting agendas **ahead of time** for digestion.  
Let introverts know you **want** their contributions.  
Break events into **small groups**, allow **virtual** options.  
**W.A.I.T** (Why Am I Talking?) for introverts to finish.  
**Keep** extending invitations!



## Leaders: Embrace introversion

Take a "**questions first**" philosophy.  
Speak **purposefully**.  
Embrace **silence**/allow for **processing**.  
Lead people to **their own solutions**.  
Establish **inclusive norms** with virtual meetings.