

A photograph of four young women in a park at sunset. Three women on the left are walking away from the camera, looking back over their shoulders. The woman on the right is standing and looking towards the camera. The background shows trees and a bright sunset sky.

# INTROVERSION & TECH CONFERENCES

Tom Duffield



DISCLAIMER

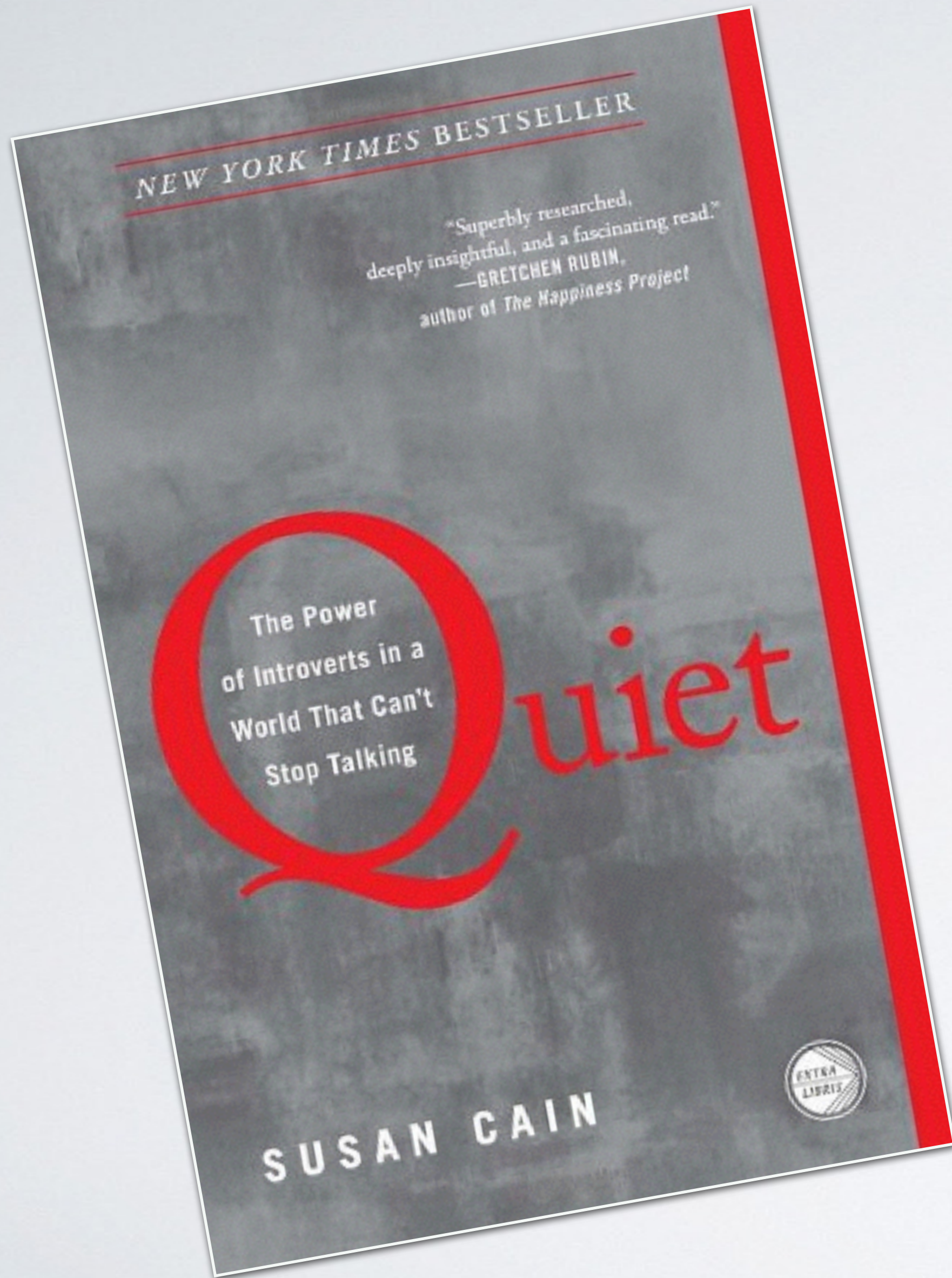
I AM NOT A MEDICAL  
PROFESSIONAL.

# ORIGIN OF THIS TALK

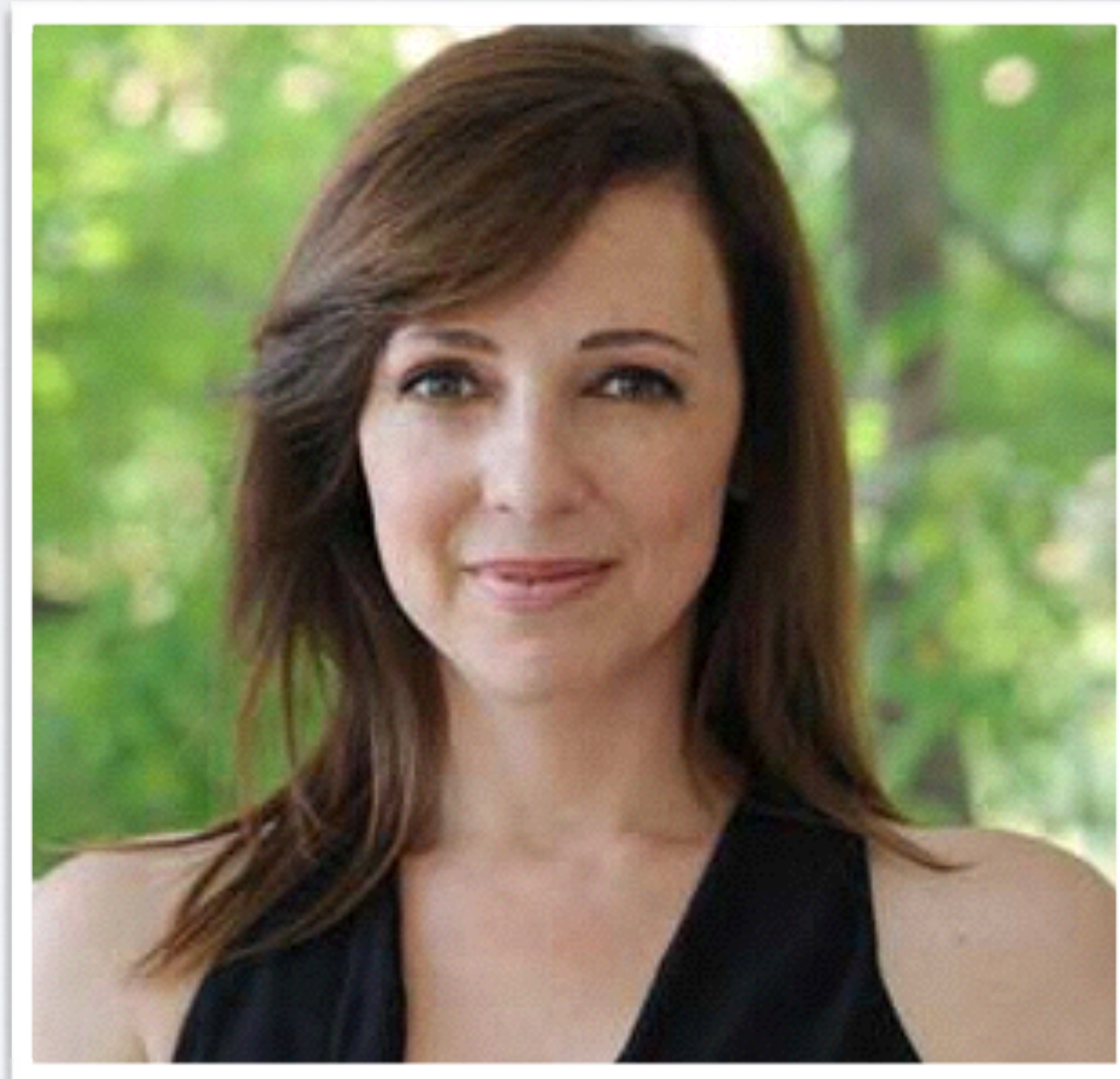


# SOME DEFINITIONS





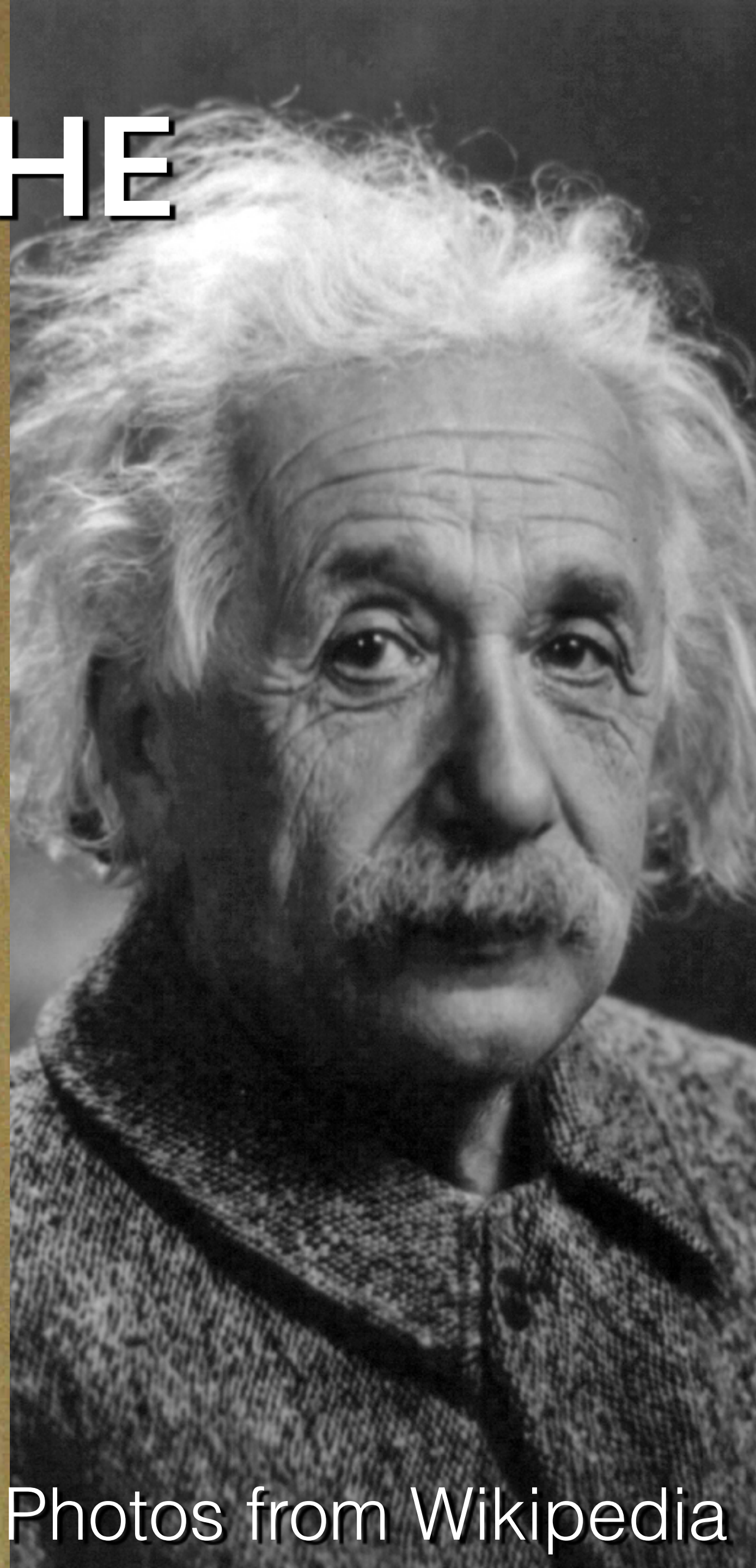
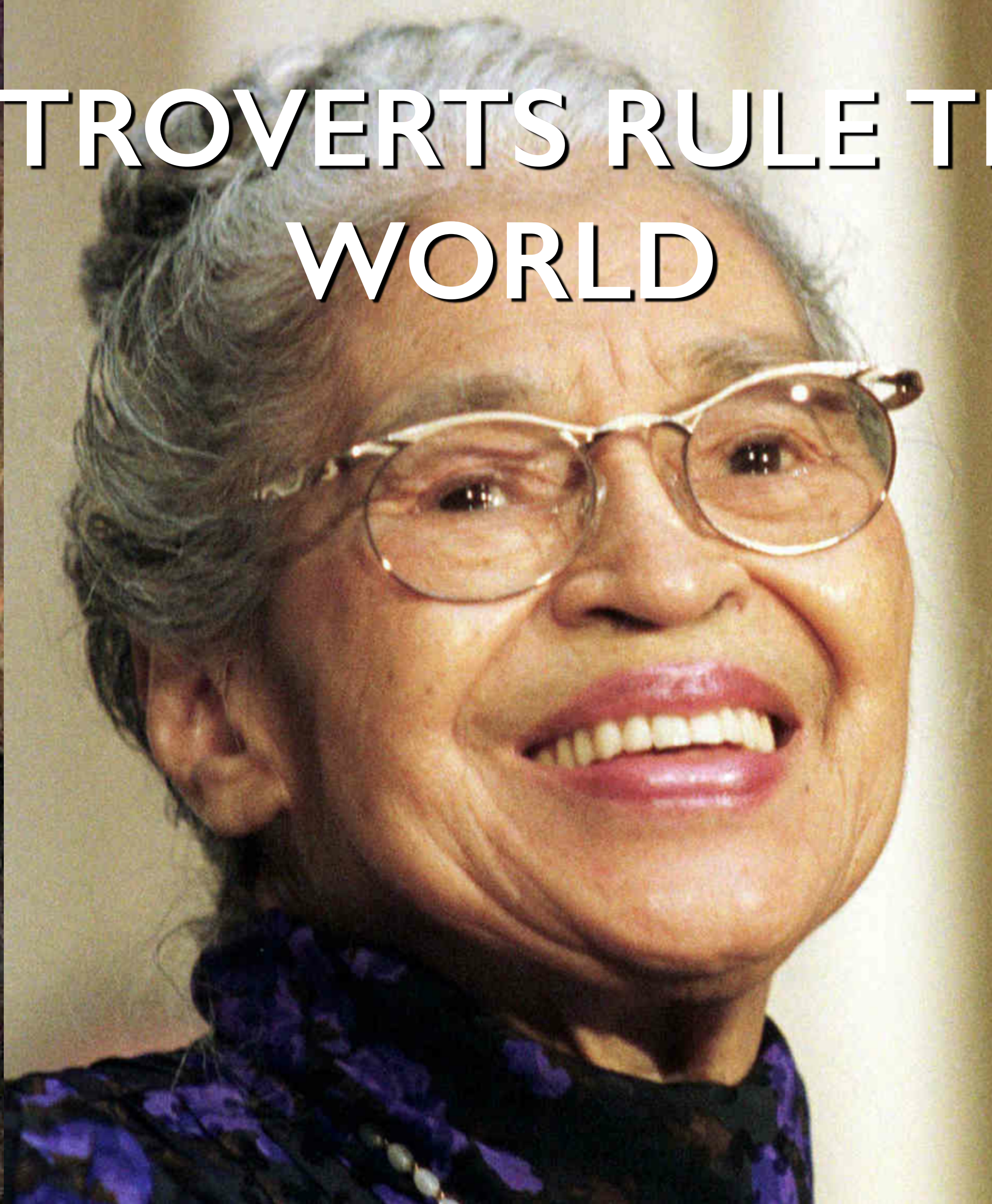
# Quiet: The Power of Introverts in a World That Can't Stop Talking



Susan Cain



# INTROVERTS RULE THE WORLD





# TIPS FOR EXTROVERTS

EXTROVERTS

BE AWARE OF OTHERS  
TRYING TO TALK



EXTROVERTS

DON'T CALL OUT  
INDIVIDUALS DURING  
DISCUSSIONS



# EXTROVERTS

## AVOID AMBIGUOUS QUESTIONS



# TIPS FOR INTROVERTS



INTROVERTS

REALIZE YOU ARE IN GOOD  
COMPANY



# INTROVERTS

## FIND A ROLE FOR YOURSELF



# INTROVERTS

## BE OKAY WITH BEING QUIET



INTROVERTS

ATTEND PRE-CONFERENCE  
ACTIVITIES



# INTROVERTS

GET TO LUNCH EARLY;  
SIT AT AN EMPTY TABLE



INTROVERTS

SPEND AT LEAST

**15 MINUTES**

AT A SOCIAL GATHERING



# INTROVERTS

## TAKE TIME TO RECHARGE



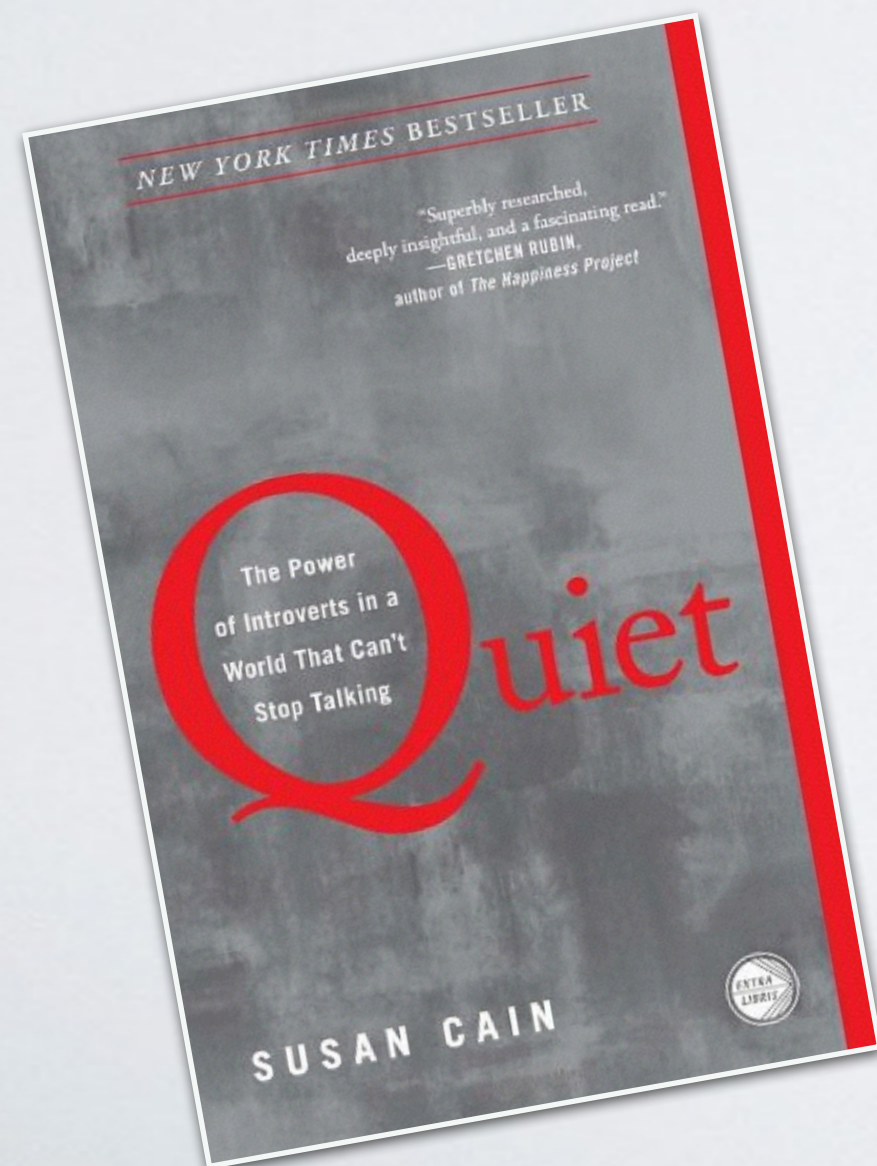
INTROVERTS

**TAKE TIME TO RECHARGE**



# THANK YOU

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“Quiet: The Power of Introverts in a World That Can’t Stop Talking”  
by Susan Cain