

INTROVERSION AND TECH GATHERINGS

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DISCLAIMER

I AM NOT A MEDICAL
PROFESSIONAL.



WHAT DOES IT MEAN TO BE AN INTROVERT?

BEING AN INTROVERT
DOES NOT MEAN
YOU'RE SHY OR DON'T LIKE TALKING

BEING AN INTROVERT
DOES NOT MEAN

YOU DON'T LIKE BEING AROUND PEOPLE

BEING AN INTROVERT
DESCRIBES

HOW YOU RESPOND TO STIMULATION

- You recharge by spending time alone.
- You lose energy from being surrounded by people (large crowds) for long periods of time.
- Your inner worlds tends to be more stimulating and rewarding than the world around you.
- You can get easily distracted but rarely feel bored.

- You need time alone in your head.
- You prefer small group activities rather than large gatherings of people.
- Deeper, meaningful conversations fulfill you. Small talk bores you.
- You have a few close friends rather than many acquaintances.

TIPS FOR SURVIVING TECH GATHERINGS

ACCEPT THAT YOU ARE AN INTROVERT

REALIZE YOU ARE IN GOOD
COMPANY

BE OKAY WITH BEING QUIET

FIND A ROLE FOR YOURSELF

FOCUS ON MEETING PEOPLE IN SMALL GROUP SITUATIONS

GET TO LUNCH EARLY;
SIT AT AN EMPTY TABLE

LOOK FOR "LOW-KEY" SOCIAL
GATHERINGS

SPEND AT LEAST
15 MINUTES
AT A SOCIAL GATHERING

SCHEDULE TIME TO RECHARGE

HOW TO BE AN ALLY TO INTROVERTS

BE AWARE OF OTHERS
TRYING TO TALK

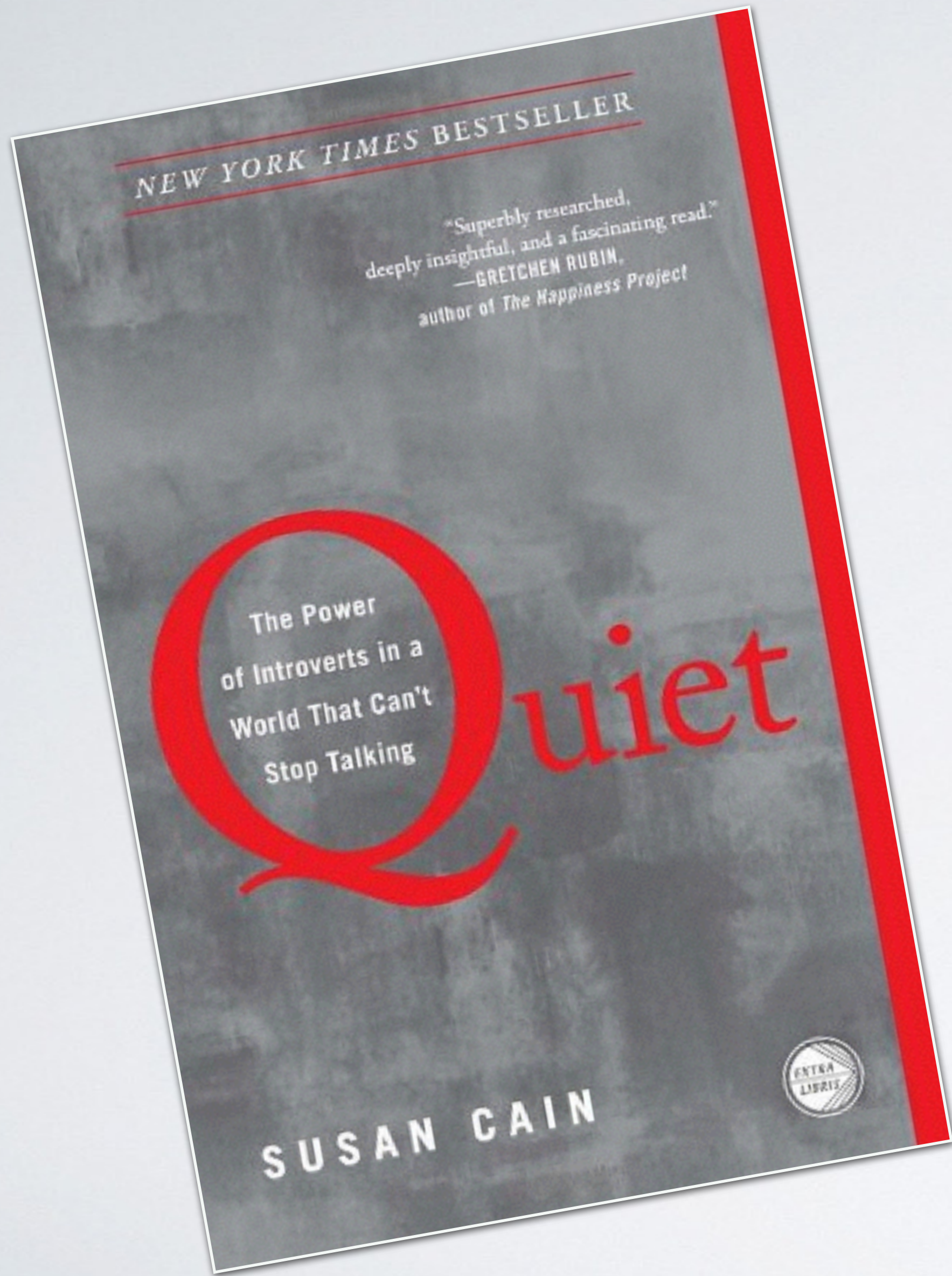
BE MINDFUL OF CALLING OUT
INDIVIDUALS DURING DISCUSSIONS

AVOID AMBIGUOUS QUESTIONS

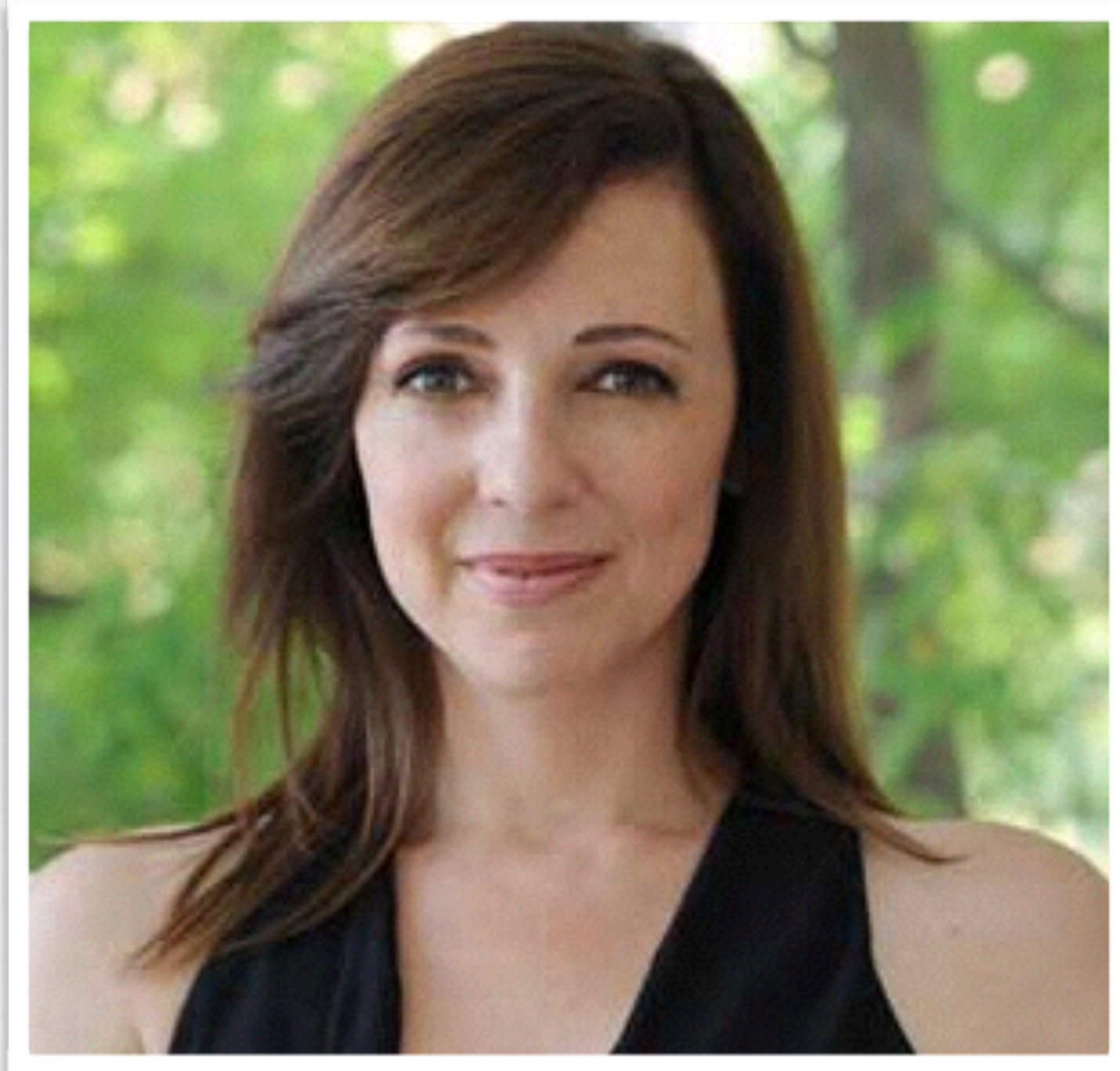
HELP FOSTER INTROVERT FRIENDLY ENVIRONMENTS

AVOID DRAGGING INTROVERTS AROUND

RESOURCES



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



Susan Cain

QUESTIONS

THANK YOU

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