

AN INTROVERT'S GUIDE TO POSING AS AN EXTROVERT

Define Yourself

Style of Introversion:

Sweet Spot:

Goals:

Scenarios

Public Speaking

- Focus on the message - clearly articulate what you want to say and why it is important.
- Tell a story - craft the story with a beginning, middle, and end.

Networking

- Set realistic goals - stretch, but do not break.
- Network on your terms - smaller events, online, craft your networking plan to your strengths.

Working

- Observe the hidden dynamics of the workplace.
- Schedule your work around optimal flow.

Prepare

Set realistic and tangible goals.

Intellectual: What's the focus? How will you tell the story?

Psychological: What over-stimulation can you mitigate? How can you harmonize your comfort zone with the environment?

Practice: Walk through key points, transitions, and major take aways.

Social: Define what interactions you will be having, and set aside appropriate recovery time

Perform

Intellectual: Focus on the message. Build your energy around your passion for the topic.

Psychological: acknowledge the awkward, and let it pass. Don't over think!

Practice: Remember your routines and small wins that got you here and now.

Physical: Shake it out & distractions.

Social: Find an ally in the audience.

Post Routine

Goals: Examine your goals and celebrate the wins! Create new, incremental goals.

Intellectual: Identify key wins from the day. Focus on the message more than the delivery - was the experience effective?

Psychological: Check in with yourself - was this better or worse than expected? How will this experience re-define your comfort zone?

Physical/Mental: Engage in restorative practices.