

LEAD WELL

KNOWLEDGE

INTROVERTS VS EXTROVERTS

SUMMARY

There are many ways to define introvert and extrovert. One of my favorite ways is to focus on two areas.

How you Process Information

How you Get Your Energy Back

REFLECTION

Do you know yourself well enough to know if you are an introvert or extrovert? Are you a combination? Is your common answer 'it depends'? All these can be true. The key is to be self-aware. Knowing yourself and those around you related to these two areas can be a strategic way to be efficient and effective.

ACTIONABLE ITEMS

- If a question is asked do you like to think about it before answering or do you start talking to figure out your answer?
- When you are tired do you want to get your energy back by being with people or being by yourself?
- How can you be more strategic in how you interact with those who either process out loud or internally?