
THRIVING AS AN INTROVERTED LEADER



You only have to look at what gets coverage on TV and in best-selling business magazines and books, to see that we live in an extroverted world where being charismatic; excited; gregarious; and assertive is portrayed as the way you need to operate if you want to be successful in life, and in business.

At work, extroverts find it easier to do the self-marketing that makes them visible. They find it easier to contribute and have a view in meetings. They are also more comfortable doing the networking and 'schmoozing' that gets them noticed by senior managers and those in decision-making positions.

As a result of their quieter, more reflective natures, it is harder for introverted leaders to 'make an impression'. Much of their activity and contribution is delivered in a less visible and energetic style, so people often don't see or hear about what they do.

Without excellent processes and focus, extroverted leaders will tend to be noticed (and often promoted more) than the introverted, whether or not their performance and capability is actually better.

In this practical and informative workshop, designed and facilitated in a way that works for introverted leaders, you will learn more about your introversion and how to harness your natural talents to allow you to 'thrive' as an introverted leader in an extroverted world.

Thriving as an Introverted Leader Programme



Purpose of the Workshop

- Provide clarity about what introversion is / is not
- Confirm the gifts and talents of introverts
- Share techniques for operating effectively in an extrovert world
- Build confidence that an introverted behavioural style is highly effective for leadership
- Create an action plan of personal success strategies
- Build a support network of other introverted leaders

Who Should Attend

Leaders or aspiring leaders who are introverted in their behaviour style and looking to build more knowledge and confidence about the value that an introverted leader brings to their role, team and the organisation.

Session Duration

The session will run for a half-day and can be run in-house for clients that are able to provide adequate numbers (6 - 12 participants).

For clients who are unable to raise these numbers we run a number of 'public' sessions through the year.

Session Content

What is Introversion

- Key characteristics of someone that is introverted
- Energy sources
- Recent findings from neuroscience

Understanding Extroverts

- What extroverts are like / looking for
- What drives extroverts 'nuts' about introverts

The Gifts of Introversion

An exploration of the natural gifts that introverts bring to their roles.

Potential Blockers for Introverts

An examination of the things that can get in the way of introverts succeeding and getting noticed.

Strategies to Flourish

Approaches introverts can take to overcome blockers and leverage natural 'introvert' strengths.

Action Planning

Time to reflect and plan the actions to be taken following the workshop to apply learning and to thrive as an introverted leader.

Support Material

A workbook will be provided containing a number of useful papers; templates; website links and recommended reading list.

Session/Follow up

A teleconference/group coaching call will be arranged for 2-3 weeks after the session to review progress/ pick up any issues /wins etc.

There will also be an option of 1-1 coaching for those who would like more in-depth support.



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Contact us

If you are interested in finding out more about our Thriving as an Introverted Leader workshop please email theteam@altris.co.nz