



Working with Introverts

A Focused Learning Plan

Introversion can be easily misunderstood. When this happens, key talent is not tapped, well balanced teams are not created, and complimentary skillsets go unpaired. Learn how to reframe the narrative around introversion to ensure that talent is not wasted.

1.

Watch “The Introvert’s Guide to Academic Leadership: How Introverts and Extraverts Build Successful Teams”



60 mins



Webcast Recording

It’s one thing to understand your individual strengths as a leader. It’s another to understand how being part of a team changes the dynamic of leadership, teamwork, and collaboration. Watch this webcast to learn why successful teams consist of both introverts and extraverts and how to leverage both to build a balanced team.

2.

Review “Group Activity Designs”



30 mins



Job Aid

Now that you understand why both introverts and extraverts are needed to create a successful and well-balanced team, take your knowledge a step further by learning how to infuse your meetings with group activities that bring out the best in all participants.

3.

Watch “Assessing and Evaluating Meetings”



10 mins



Short Video Lesson

The importance of periodically evaluating your meetings cannot be overstated. Doing so has the potential to transform the quality of your meetings, but also helps leaders and colleagues better determine if the skillsets and characteristics of all participants, introverts and extroverts alike, are being utilized. Make sure to download the fillable questionnaire PDF to use for evaluating your meetings.

4.

Complete & Submit Your Final Reflection!

Please complete all of the reflection activities on the next page. Don’t forget to submit your work once it’s complete.



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Final Reflection

Please confirm that you've completed each of the following activities:

I have watched "The Introvert's Guide to Academic Leadership: How Introverts and Extraverts Build Successful Teams"

I have reviewed "Group Activity Designs"

I have watched "Assessing and Evaluating Meetings"

Then, answer the following reflection questions:

1. Reflect on one of the generalizations around introversion that was mentioned during the webcast. How can that generalization be reframed to more accurately depict introverted characteristics?

2. Using your new insight into introversion and group meeting designs, reflect on how you can adapt your meetings to ensure both introverts and extraverts have an equal chance at participating. What role will group activity designs play? What about meeting evaluations?

Once you're done, submit your work to receive proof of completion.

Please email your completed PDF to greta@academicimpressions.com

If you would like us to notify your supervisor of your completion of this focused learning path, enter their email in the box below.