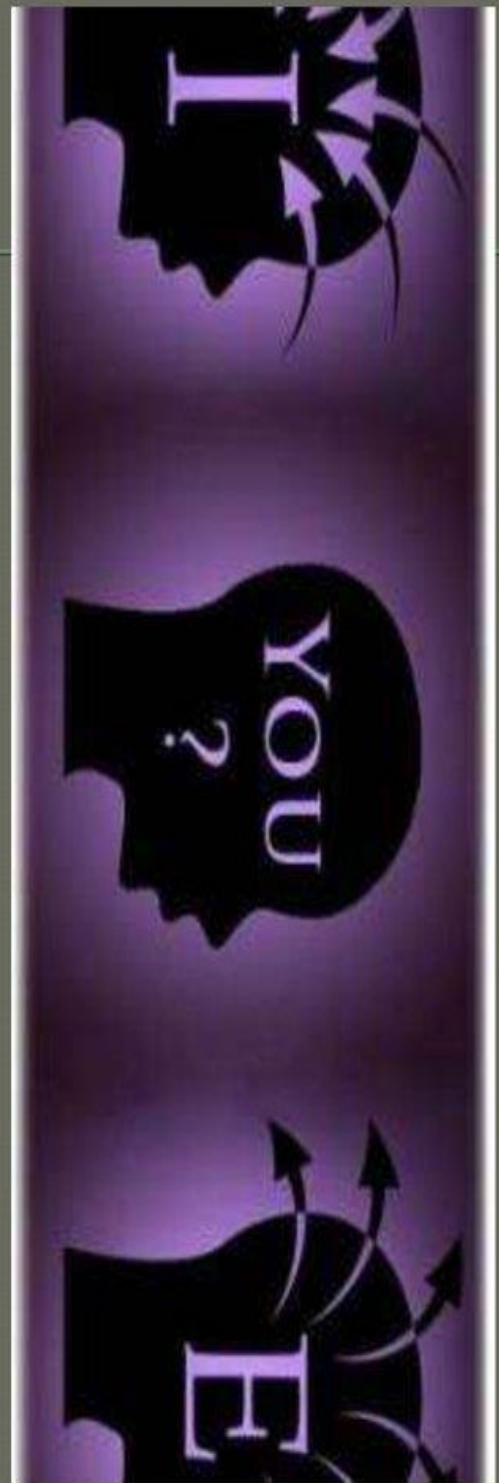


- **Personality type** refers to the psychological classification of different types of individuals. Personality types are sometimes distinguished from personality traits. According to type theories, for example, **introverts and extroverts** are two fundamentally **different** categories of people.





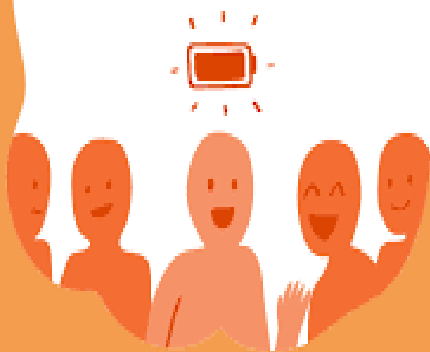
# EXTROVERT

---

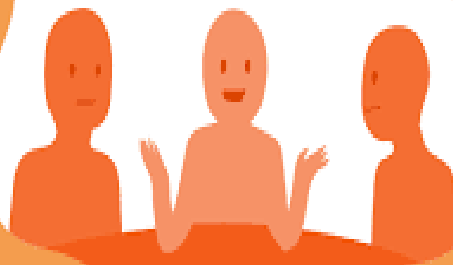
- It was borrowed from German *extravertiert*, from the prefix *extra-* "outside, beyond" plus Latin *vertere* "to turn."
- A term introduced by the psychologist Carl Jung to describe a person whose motives and actions are directed outward.  
Extroverts are more prone to action than contemplation, make friends readily, adjust easily to social situations, and generally show warm interest in their surroundings.

## Common Signs of Extroverts

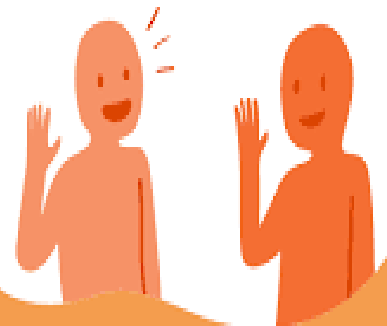
Energized by socializing



Solve problems through discussion

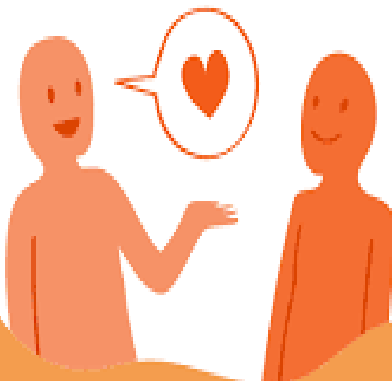


You're often described as friendly and approachable



Love to Talk

Open and willing to share





# INTROVERT VERSUS EXTROVERT

Introverts are reserved, reticent and appear shy

---

Concerned with ideas and thoughts than external things

---

May prefer to spend time alone

---

May find it mentally draining to be with large groups of people

---

May have few friends and will find it difficult to make new friends

---

May find sudden changes disconcerting

---

Openly communicate about themselves with those they know & trust

---

Always think twice before speaking

Extroverts are outgoing, talkative, assertive and friendly

---

More concerned with external things

---

May find it boring to spend time alone

---

May find it energizing to be with large groups of people

---

Have many friends and have no problem befriending strangers

---

Adjust to changes easily

---

Talk about themselves freely and openly

---

May talk without thinking

# Extrovert

# Introvert



[EXPLORE MORE](#)

# INTROVERT



# EXTROVERT



# EXTROVERT

# INTROVERT

## HOW THEY RE-ENERGIZE



### ENERGIZE WITH OTHERS

Extroverts gain energy from socializing. They prefer social interaction over silence.



### ENERGIZE ALONE

Introverts renew their energy alone or with a close companion. They crave for alone time.



Introverts

Extroverts





Hey! How are you?



**EXTROVERT**

Everything good?



LOADING



TALK ABOUT  
THE WEATHER

DRINK FROM  
YOUR GLASS  
NERVOUSLY

SAY SOMETHING  
AWKWARD

**INTROVERT**



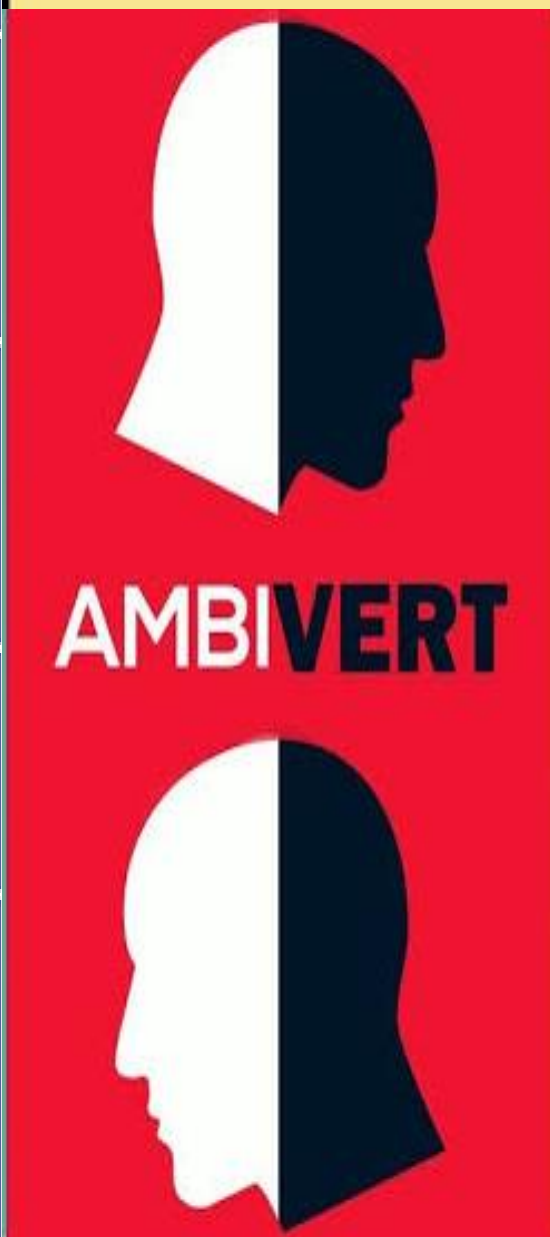
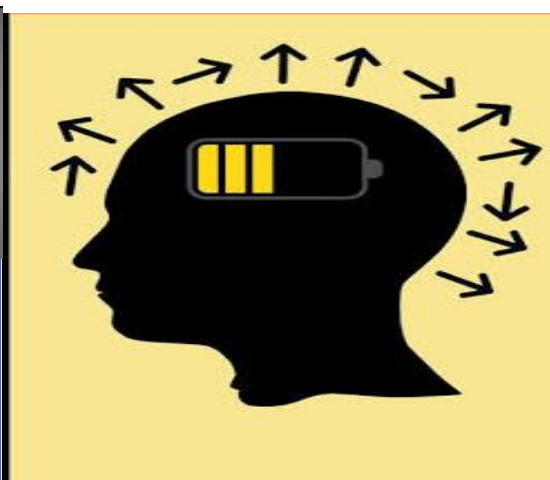
Exists somewhere between being an extrovert and an introvert.

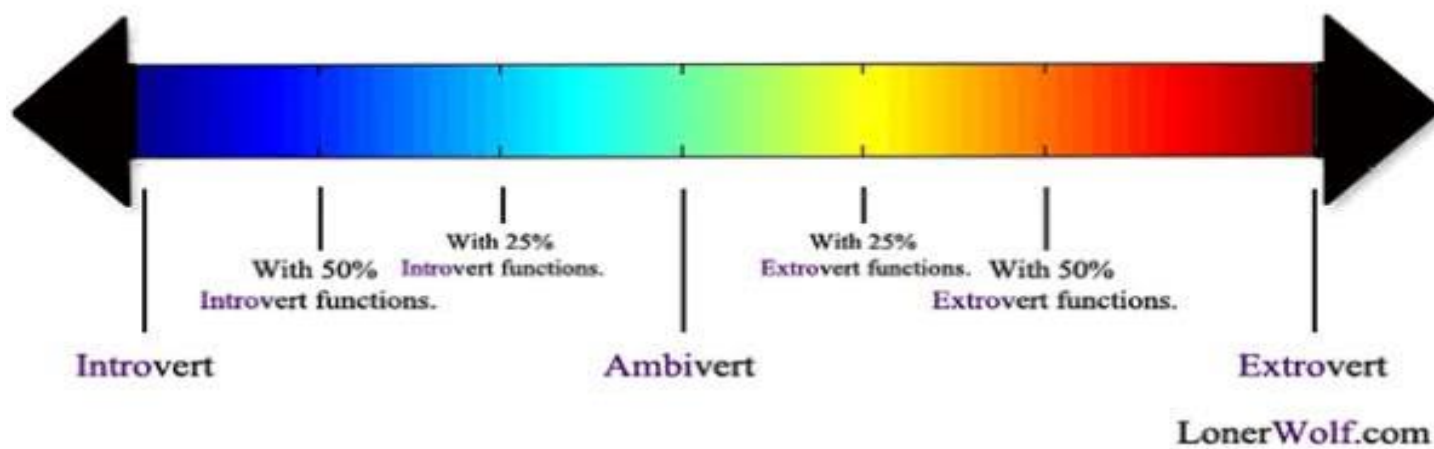
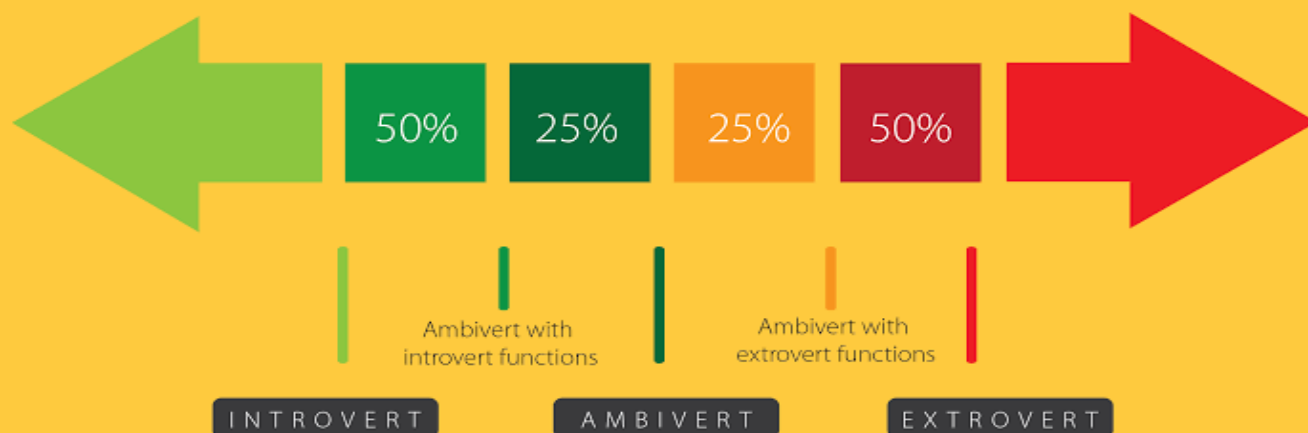
Able to lean into each moment and adapt to what the situation requires.

Score midpoint on the introvert-extrovert scale at any given time.

Typically more emotionally stable and resilient.

Think, act, behave and converse in a consistent manner without any variations.





## AT THE END :

- Everyone uses each preference to some degree
- Learn to *leverage* relationships and increase self awareness – Never use it to **stereotype**
- You decide your type.
- No “good” or “bad” type
- You may love parties and socializing on a regular basis (an **extroverted** quality) but you also prefer working alone in a quiet, controlled environment (an **introverted** quality).