

Succeeding as an Introvert

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Agile Testing Days #AgileTD
27 June 2018

Outline

0. A bit about you and me.
1. What makes me an introvert?
2. How being an introvert helps me.
3. How to succeed as an introvert.

0. *A bit about you and me.*

Special thanks

- Martin Hynie
- Mark Tomlinson
- Keith Klain
- Susan Cain
- Lauren Helgoe
- Extroverts who make me uncomfortable

You


1. What did you want to be when you grew up?
2. Where are you in your element?



Me

- Tester
- Mindmapper
- Questioner
- Listener
- Introvert

1. What makes me an introvert?

A black and white photograph of Audrey Hepburn sitting on a floral patterned sofa, leaning her head on her hand while reading an open book. The background shows a window with shutters and a lamp.

**I don't want to be alone.
I want to be left alone.**

--Audrey Hepburn

EFFECT OF PEOPLE AROUND INTROVERTS



3 PEOPLE ⌚
IN AN HOUR



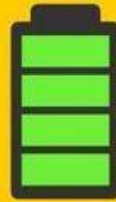
4 PEOPLE ⌚
IN AN HOUR



5 PEOPLE ⌚
IN AN HOUR



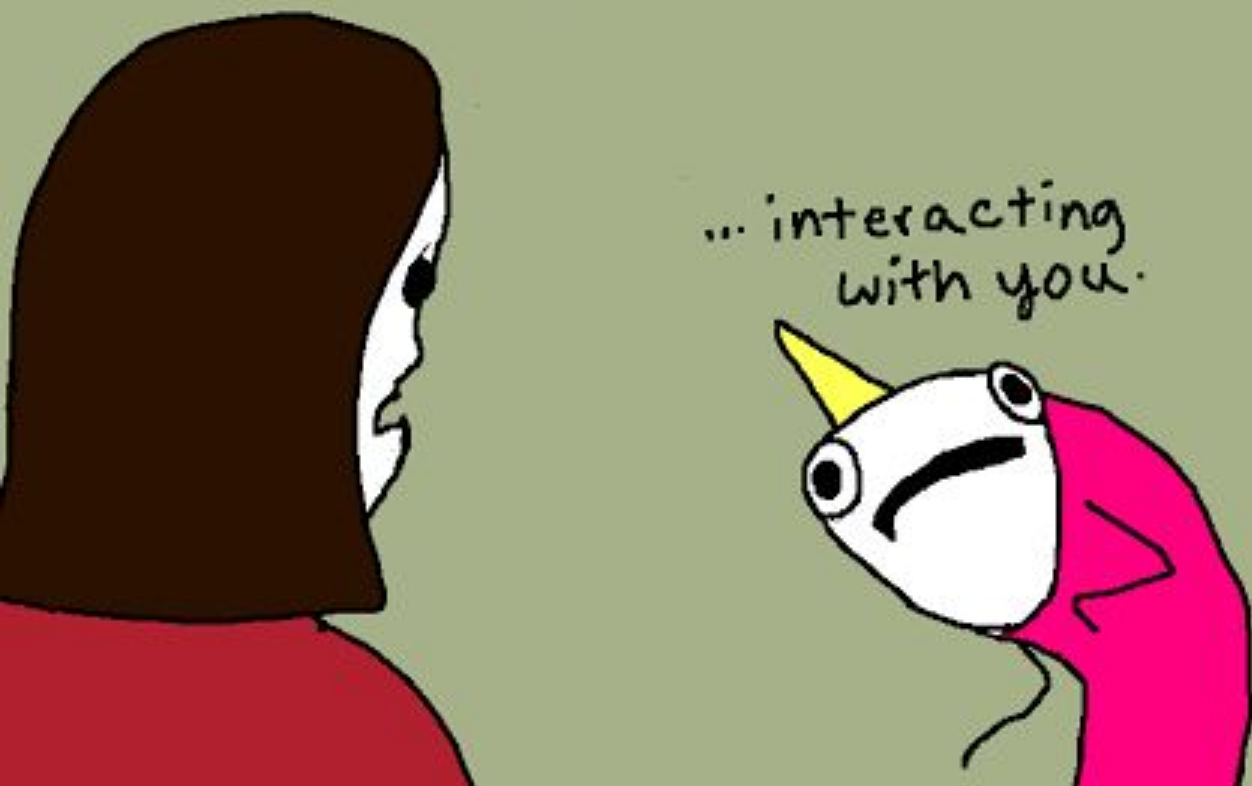
6 PEOPLE ⌚
IN AN HOUR



ALL BY ⌚
MYSELF

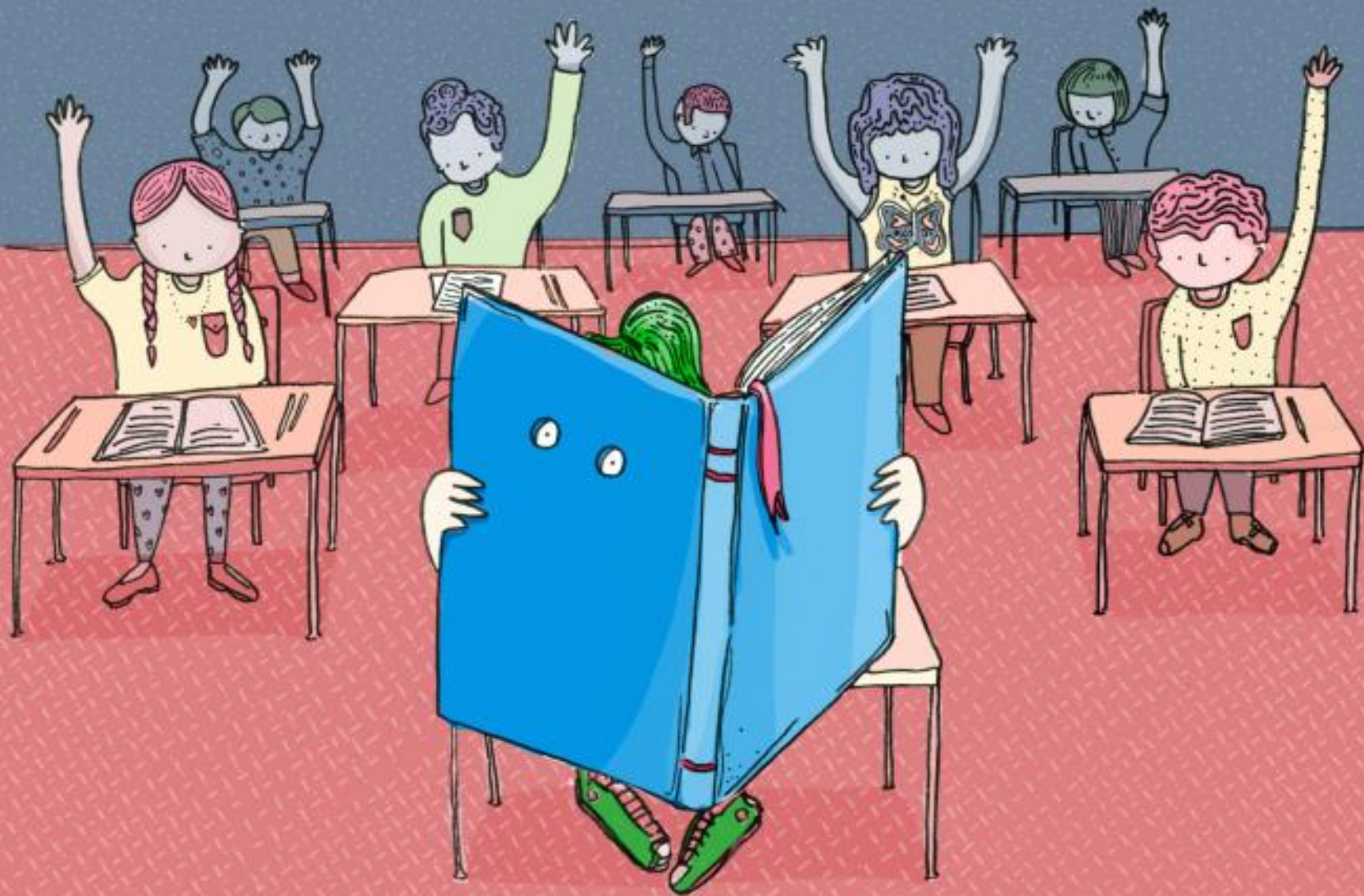
What are you doing?

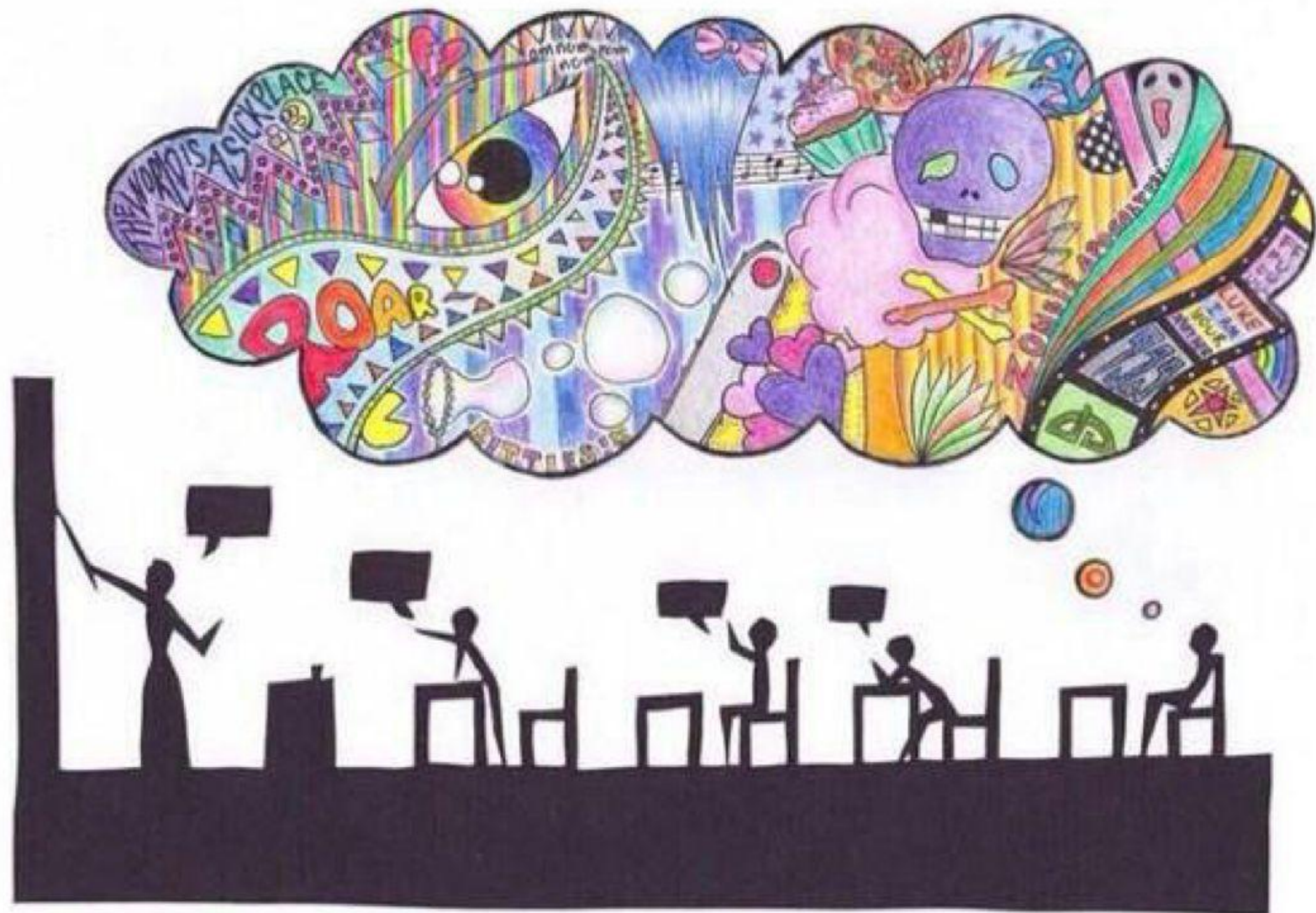
... interacting
with you.



I WANNA BE

**WHERE THE PEOPLE
AREN'T**





2. How being an introvert helps me.

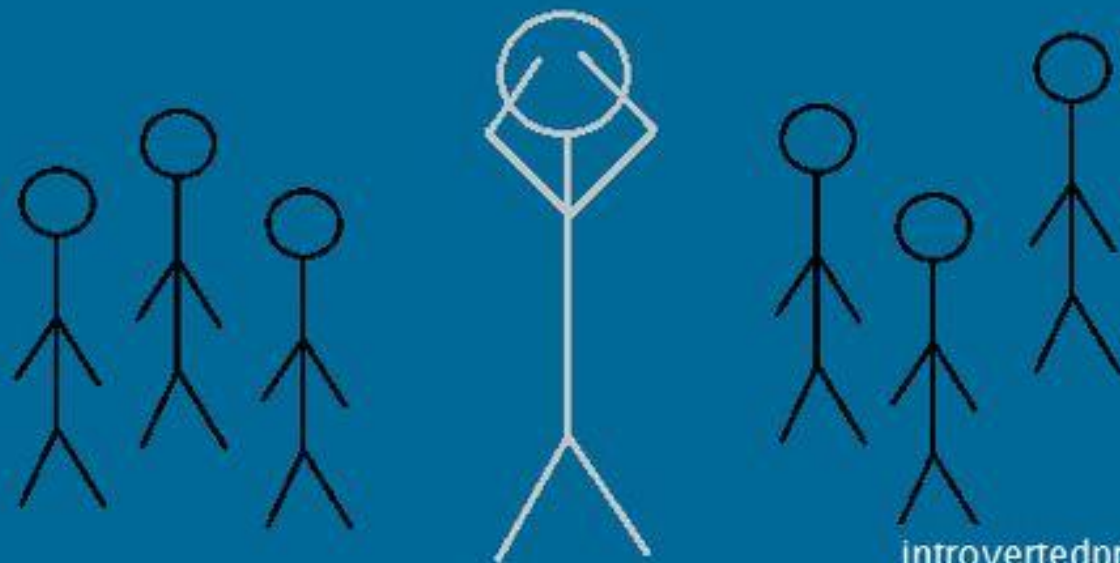
MY WORDS
SOUND BETTER
COMING
FROM MY HANDS
THAN FROM
MY MOUTH





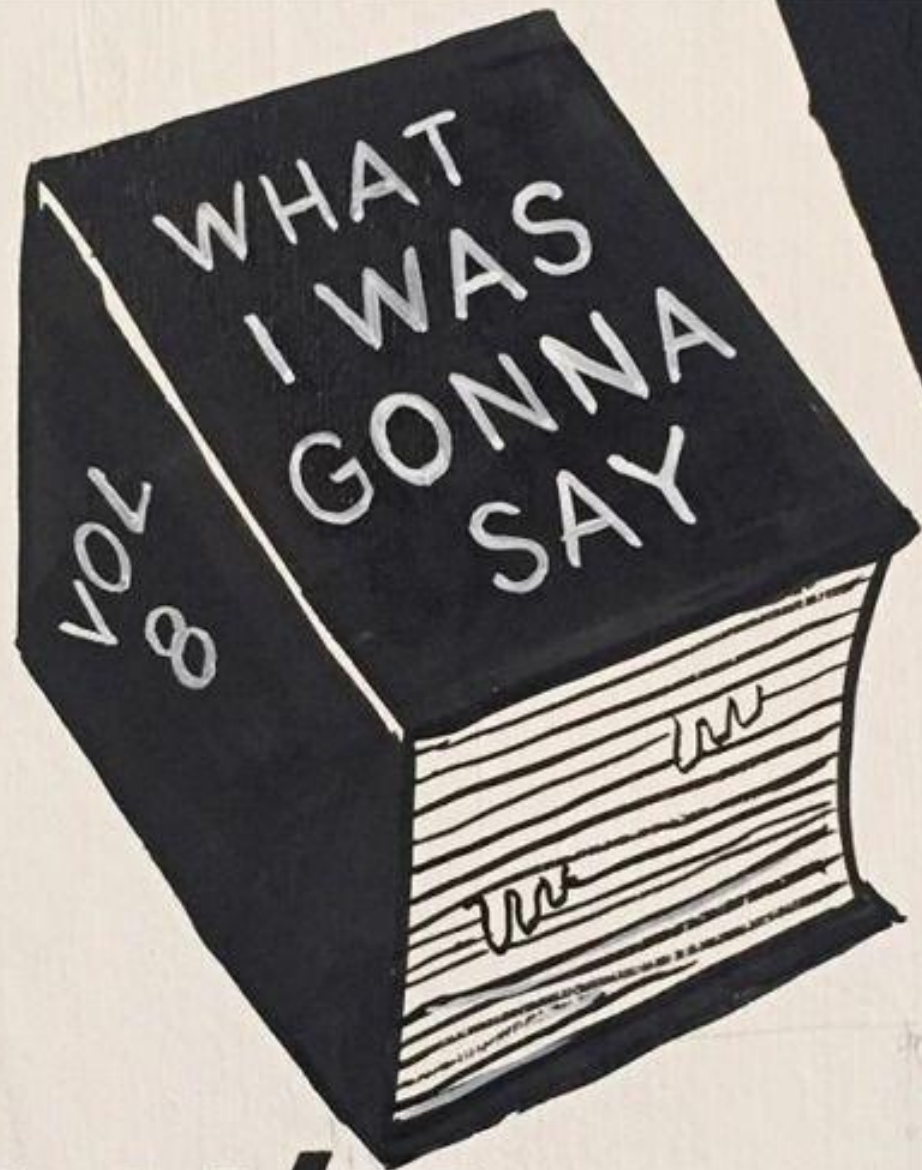
Introvert Problem #98

Being judged because, rather than socializing around the office, you actually do your job.





I like to look for things no one else catches.



-VS-

REWARD

RISK



$$d\Omega dF dz d^n p$$

$$[z(z)] \left[\frac{F}{f(z)} p \right] f(z)$$

p^2

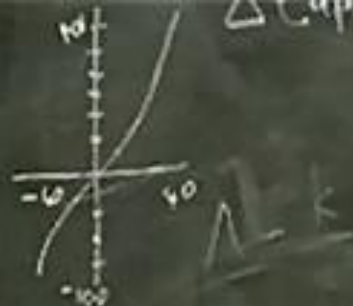
$$(1+z)^2 \sqrt{1+2q\delta^2}$$

$$\partial p + \vec{\nabla} r \cdot \left(p + \frac{p_{th}}{c^2} \right) \leq 0$$

$$\frac{\vec{u}}{dt} = -\vec{\nabla} \Phi \sim R^3$$

ER DENSITY OF THE UNIVERSE

EXHIBITION COMES



$$H = \frac{1}{R}$$

What if?

- Ricci flat

- R tensor PROPORTIONAL

2nd order - χ_{22}

✓ EFE - photo spect (a) $F^2 = F$
THE SOLUTION IS: $X = \frac{C}{9}$

LENGTH t_2
CONSTANT $X_2 =$

calp
Open X_2
Point t_2

$$\Delta t_{app} = \frac{\Delta}{x}$$

$$\Delta t_{app} = \frac{\Delta t_{app}}{\sqrt{1-2\delta^2}}$$

INT
AP
LO

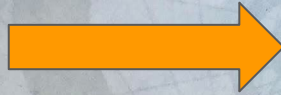
A cartoon illustration of Eeyore, a blue donkey with a black mane and purple inner ears, sitting down with a sad expression. The background is a plain, light gray.

**IS ANYBODY WORRIED
BUT ME?**
-EEYORE

DISNEYANDQUOTES.TUMBLR.COM

Huge Brooklyn Technology

Core Value



Collaborate

Is Awarded To

Elizabeth Zagroba

lorem ipsum

December 4, 2015

If you've
LULU - THEGOODVIBE.CO
made your
point, stop
talking.

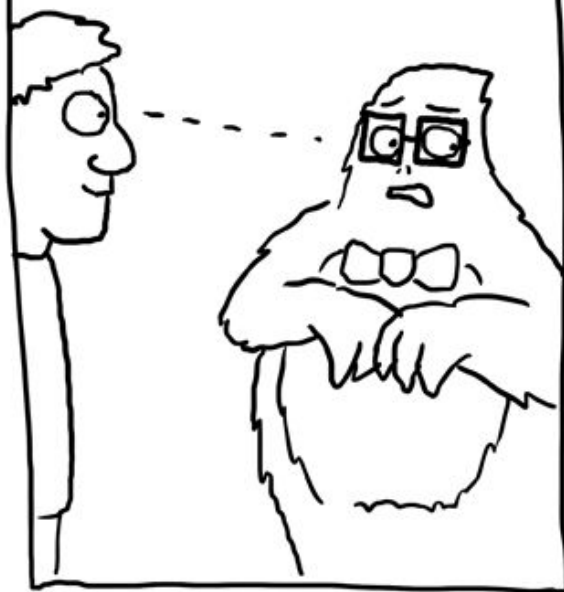
3. How to succeed as an introvert.

Introverts:
Ask for what you need.

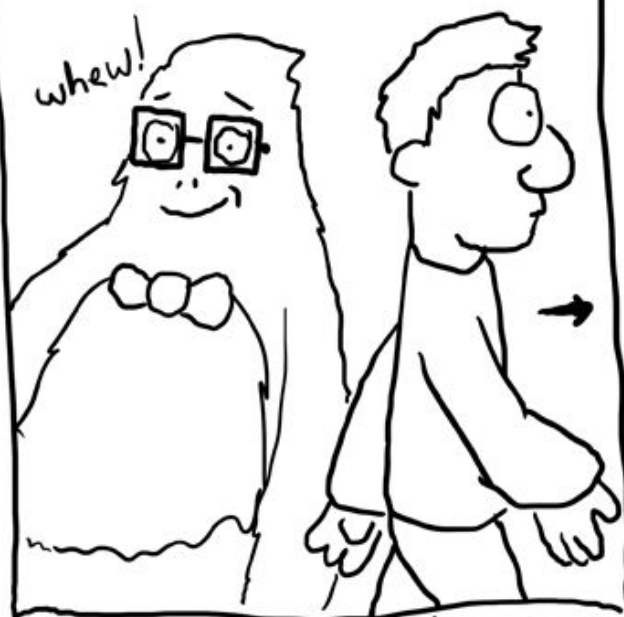
Extroverts:
Treat others how
they want to be treated.

HOW TO MAKE SMALL TALK WITH AN INTROVERT:

STEP 1: IDENTIFY
THE INTROVERT

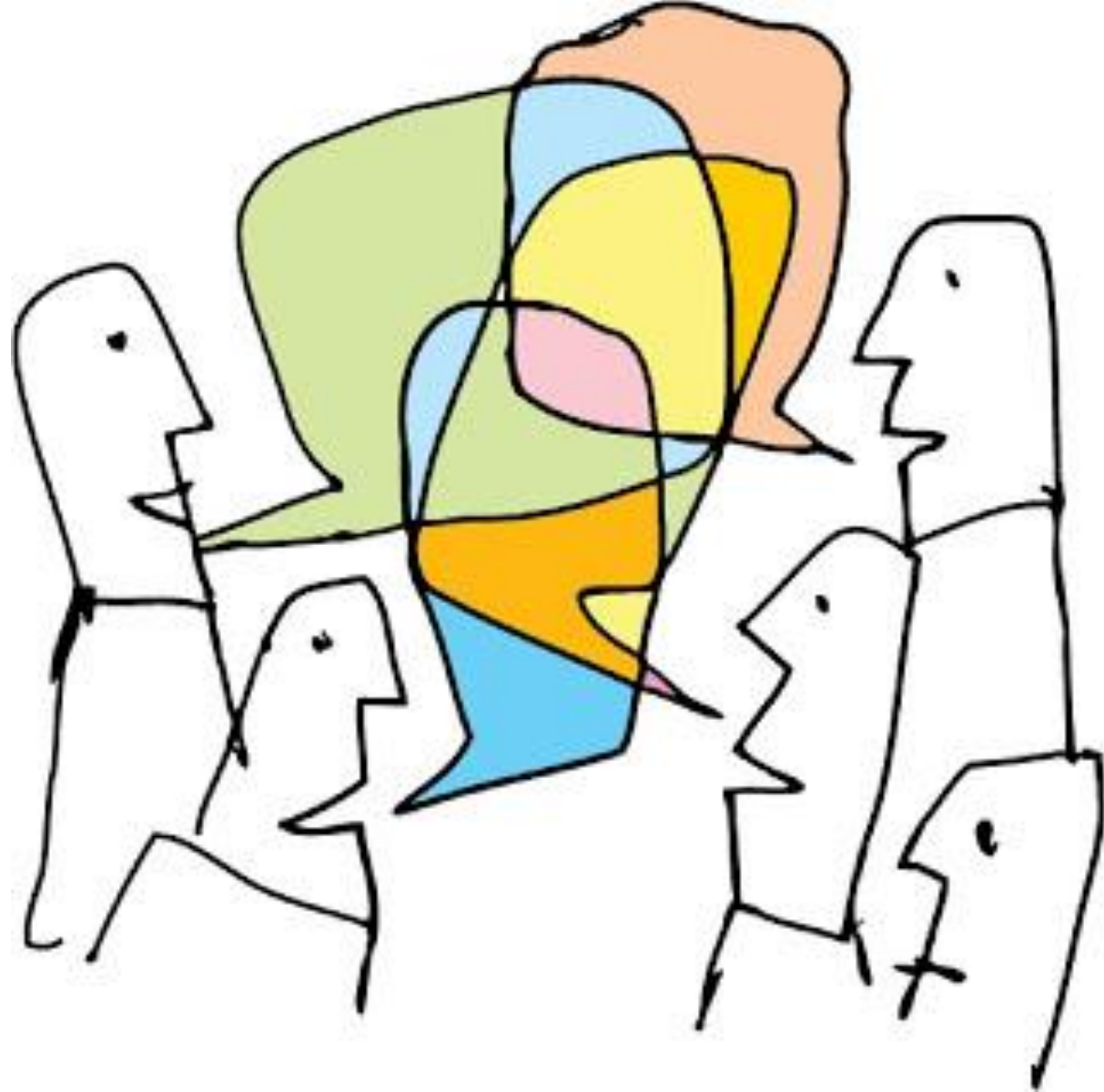


STEP 2: DON'T.



theAwkwardYeti.com



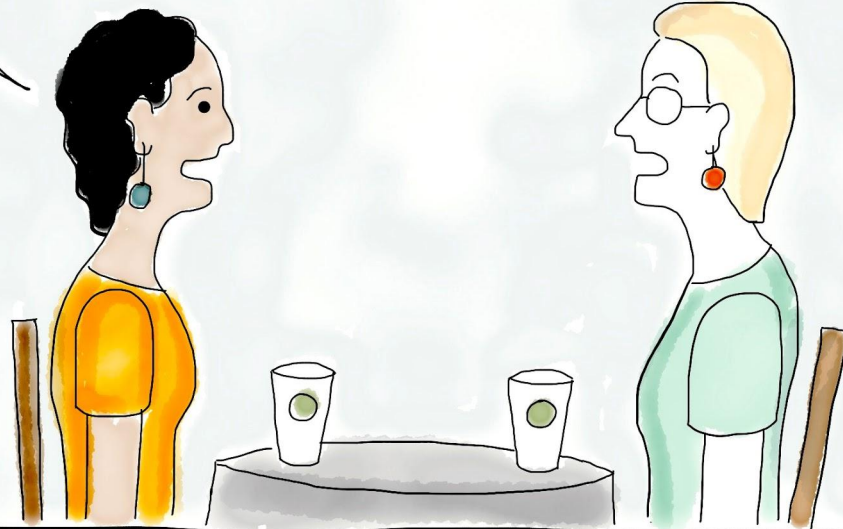






What's it feel like to be peopled out?

Like you need ten hours of sleep
but just drank ten cups of coffee.



JK

I HAD TO TAKE
A SICK DAY.



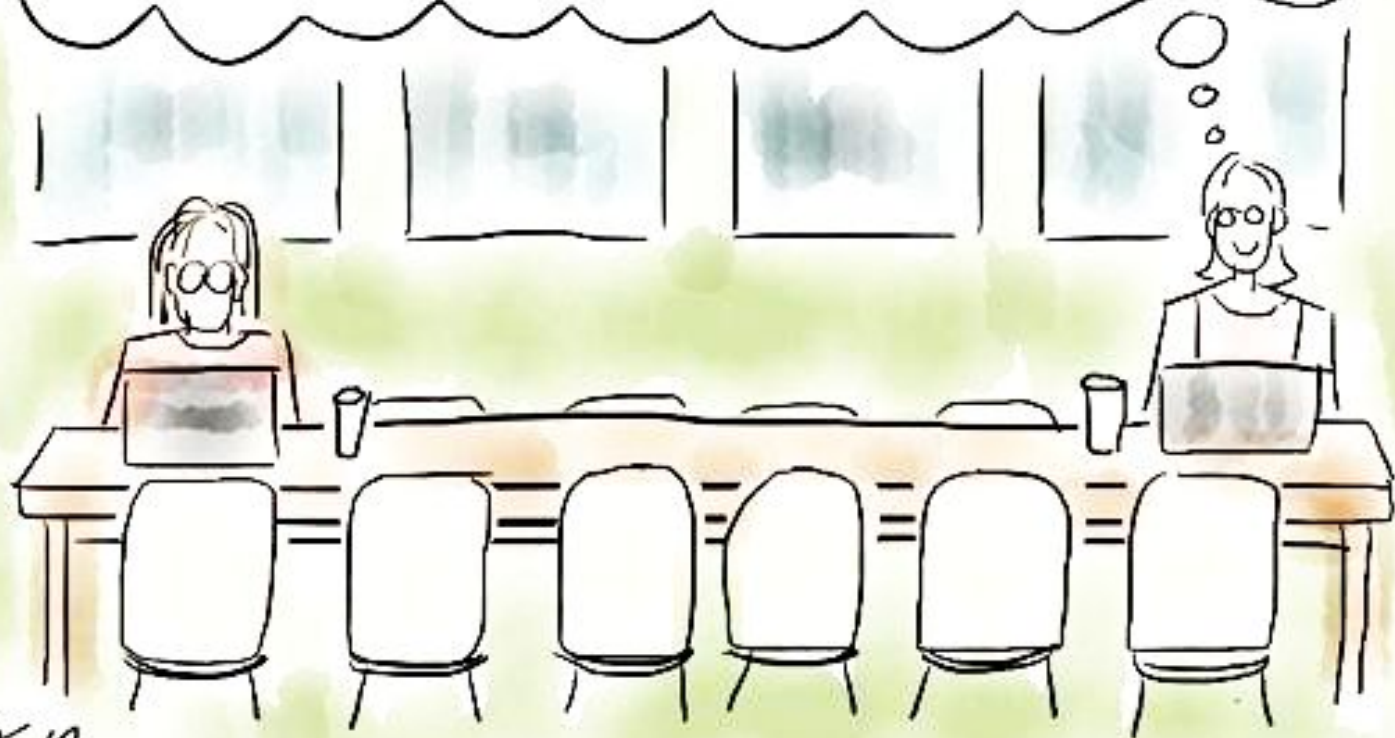
I'M SICK OF
THESE PEOPLE.



more: lingvistov.ru/doodles

lingvistov.ru

I have no idea who she is, but it's nice to have company who "gets it."



JK 19

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You

1. What did you want to be when you grew up?
2. Where are you in your element?



Me

- Writer
- Alone at home

Thank you.

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Connect with me

- Twitter: @ezagroba #AgileTD
- Medium: @ezagroba
- elizabethzagroba.com

Come work with me at Mendix in Rotterdam!

References

- *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain
- *Introvert Power: Why Your Inner Life Is Your Hidden Strength*
by Lauren Helgoe
- “Introverts in Agile” by Katrina Clokie
- “This is the Scientific Explanation for Why Introverts Like Being Alone” by Jenn Granneman