



INTROVERSION & TECH CONFERENCES

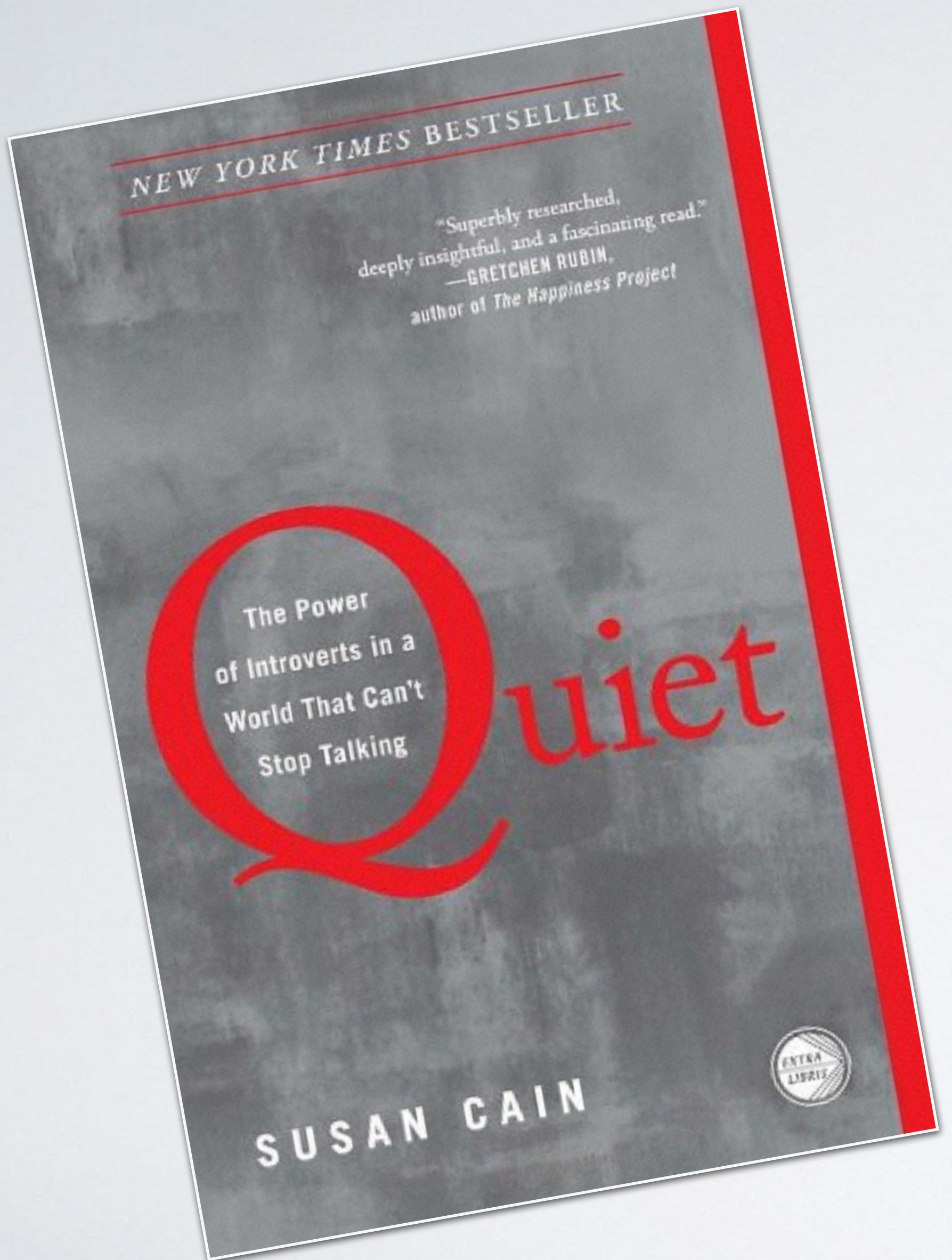
Tom Duffield

DISCLAIMER

I AM NOT A MEDICAL
PROFESSIONAL.

ORIGIN OF THIS TALK

SOME DEFINITIONS



Quiet: The Power of Introverts in a World That Can't Stop Talking



Susan Cain



INTROVERTS RULE THE WORLD

TIPS FOR EXTROVERTS

EXTROVERTS

BE AWARE OF OTHERS
TRYING TO TALK

EXTROVERTS

DON'T CALL OUT
INDIVIDUALS DURING
DISCUSSIONS

EXTROVERTS

AVOID AMBIGUOUS QUESTIONS

TIPS FOR INTROVERTS

INTROVERTS

REALIZE YOU ARE IN GOOD
COMPANY

INTROVERTS

FIND A ROLE FOR YOURSELF

INTROVERTS

BE OKAY WITH BEING QUIET

INTROVERTS

ATTEND PRE-CONFERENCE
ACTIVITIES

INTROVERTS

GET TO LUNCH EARLY;
SIT AT AN EMPTY TABLE

INTROVERTS

SPEND AT LEAST
15 MINUTES
AT A SOCIAL GATHERING

INTROVERTS

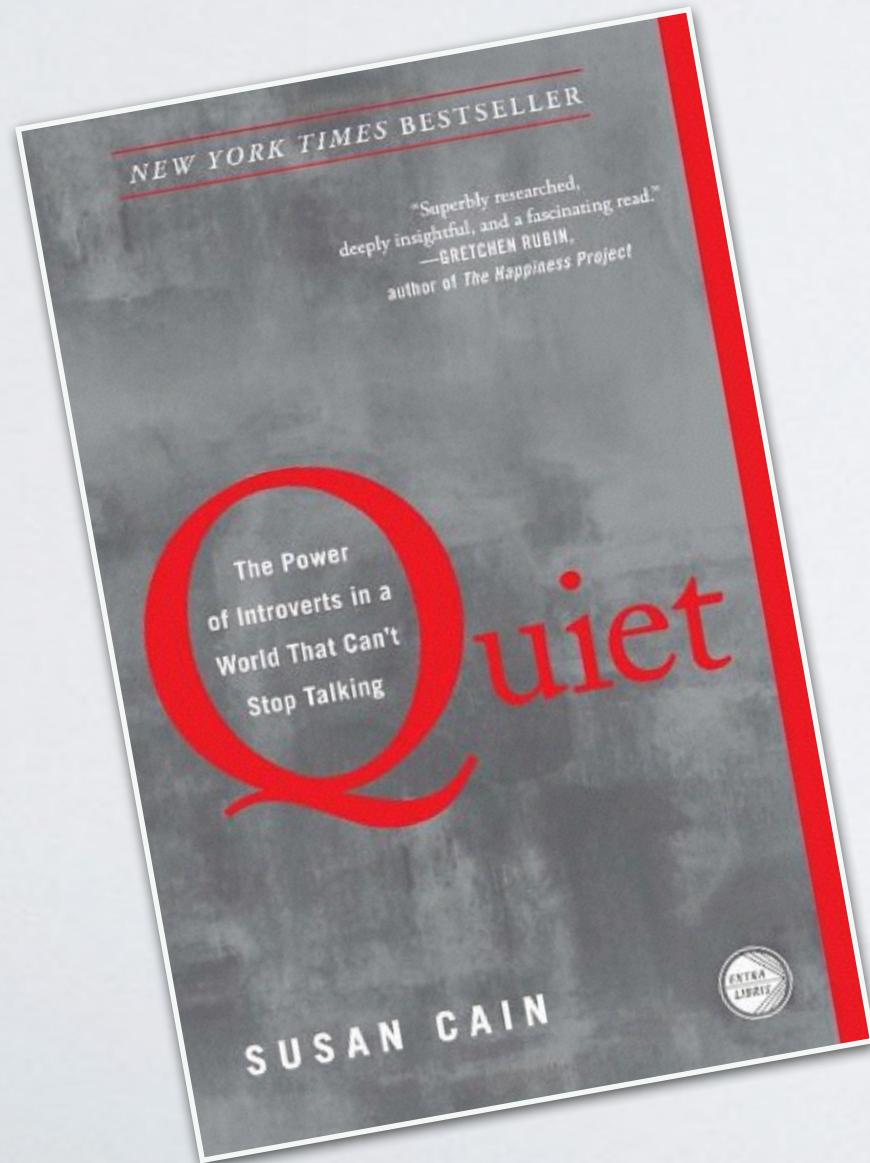
TAKE TIME TO RECHARGE

INTROVERTS

TAKE TIME TO RECHARGE

THANK YOU

@tomduffield | tom@getchef.com



“Quiet: The Power of Introverts in a World That Can’t Stop Talking”
by Susan Cain