




What Introversion is NOT

Swipe 



01 NOT shyness

Introversion is about how one gains **energy**.

Shyness, conversely, is a fear of social judgment or discomfort in social situations.

An introvert may enjoy socializing but require **downtime** afterward, while a shy person may avoid social situations due to fear.





NOT antisocial 02

Introverts may prefer meaningful one-on-one or small-group interactions.

An introvert adeptly navigates networking events by engaging in deep, insightful conversations





03 NOT Lack of Leadership Skills

Introverts can excel in leadership by utilizing strengths like ***active listening*** and ***thoughtful decision-making***.

An introverted leader encourages team ***collaboration*** and values each member's input.

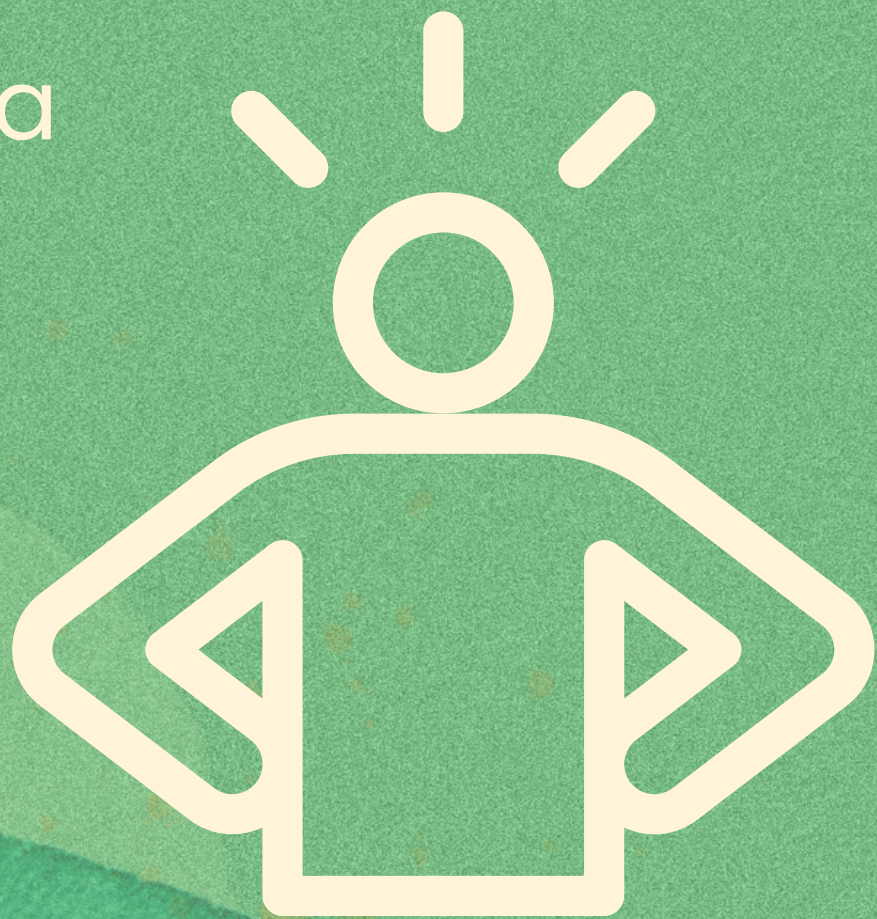




NOT Insecurity04

Introverts may be ***self-assured***; their quiet nature doesn't necessarily indicate low self-esteem.

An introvert may ***confidently*** present their well-researched ideas in a meeting.





05 NOT Boredom

Introverts often enjoy solitary activities or **deep conversations**, but that doesn't mean they're bored or disinterested.



An introvert engrossed in a book or engaged in a philosophical discussion is far from bored or boring.



06 NOT Avoidance

Introverts may need alone time to ***recharge***, but it's not Avoidance of social interaction.

After a busy day at work, an introvert may choose to ***unwind*** at home to feel refreshed for future interactions.





Interested in learning more ?

Hi ! I'm Houria,

A passionate leadership development coach and process optimization consultant.

I integrate **critical thinking** and **emotional intelligence** in transitions and transformations.

My approach is to always hold the necessary space for my clients to find clarity and shift progressively.