

# JOB SEARCHING AS AN INTROVERT

Milestone 3  
**PROMOTE**  
Develop Your Brand



## What strengths do I bring to the table as an introvert?

Many introverts have been told at one time or another that their personality type is not outgoing enough for the workplace. Here are a couple strengths to consider talking about in an application or interview process:

- The ability to connect in one-on-one and small group environments
- Being a great active listener and empathizer
- The ability to be well prepared and have well thought out contributions and answers within a workplace or meeting environment
- Being a great independent and self-motivated worker

## How do I network effectively as an introvert without feeling overwhelmed?

At large in-person events and conferences, don't feel pressured to talk to everyone in the room! Follow these guidelines:

- Focus on one or two deeper, quality conversations that you're willing to continue after the initial meeting
- Bring an extrovert buddy with you to have friendly support and make breaking into conversations easier
- Prepare 1-3 small talk topics to have on hand in case you need them
- Take breaks! Locate an "escape" space you can easily access to step out and have some quiet time to yourself
- Remember, there are more people than you think that identify as an introvert even when they may seem extroverted at an event. You're not alone!



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Drop-in M-F, 12-4 pm  
No appointment needed!

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