

Productive to the Max

Productivity **P**erformance **P**rofitability

Ann Max



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March 2014

Are All Introverts Shy?

For some reason we tend to believe that all introverts are shy. Just because you may like to internalize your thoughts before you speak, prefer to listen and encourage and don't like small talk does not mean you are necessarily shy. Shy people tend to cower, feel awkward in situations where they are expected to talk and find that people make them nervous and anxious. Not all introverted people display these behaviours.



This idea came to mind while I was working with someone who considers herself an introvert but not necessarily shy. I realized that that indeed was the case. Actually she displayed a bit of what I considered an extroverted personality and of course there are no shy extroverts are there? Wrong again....

When I researched this topic, I found an article by Susan Cain in *Psychology Today*. She claims that shyness is so often confused with introversion that the two words are frequently used interchangeably -- but, in fact, they're remarkably different traits. Bill Gates is introverted but not shy. He's quiet and bookish, but isn't bothered by what other people think of him.

Sophia Dembling is a widely published Dallas, Texas-

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based writer. Her latest book is *The Introvert's Way: Living a Quiet Life in a Noisy World*. Whereas introversion, as Dembling explains, is commonly defined as recharging and gaining energy through alone time, shyness has more to do with discomfort and anxiety in situations involving social interaction. Many introverts aren't shy; they may feel confident and at ease around people, but simply require more alone time to balance out the energy they expend in social situations. Similarly, an extrovert may seek the company of others but feel insecure or uncomfortable in groups.

Even though shyness and introversion are different, they do overlap in some areas. Check out the following list of personality traits to see what constitutes introversion and shyness. Remember that when you meet someone, do not assume that, just because they are introverted, they are shy. Introverted people are particularly perceptive, sensitive and aware so if you can assist them in any way with overcoming their discomfort, it will be to your benefit. You will create better relationships in all aspects of your life.

Introversion

- Quiet
- Bookish
- Feel alone in a crowd of people
- Find small talk difficult
- Very intense
- Love downtime
- Sit away from the crowd
- Tend to shut down after a long period of activity
- Dislike audience participation
- Hate role playing
- Extremely detail oriented
- Look at the big picture
- More comfortable with people you know
- Hate networking
- Blurt out too much...too soon.
- Interested in socializing but uncomfortable
- Observes and does not participate voluntarily

Shyness

- Frightened to speak in public
- Socially inept
- Meek
- Appears vulnerable
- Avoids risk
- Anxious in social situations
- Stick to familiar routines

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- Like to plan ahead
- Fear socializing

What are your thoughts on this topic?

LEAP Updates!

Join us for LEAP After Hours on March 19th at the elegant Empire Grill in the historic Byward Market to explore issues and solutions to Work-Life Balance. [Link](#)



Save the date: Thursday 17 April for a LEAP Breakfast where we'll be exploring the best of Action Plans; how to make them and how to implement them to achieve your goals. Watch our [website](#) for location details.

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[Do Your Meetings Have Style?](#) - Meeting are expensive! Here are some thoughts to help optimize your investment

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Book a free consultation now at 613 594-4533 or info@productivetothemax.com

For further information check out our [website](#).



Sincerely,

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