

DIVERSITY & HERITAGE CALENDAR

DISCUSSION GUIDE

NATIONAL INTROVERTS WEEK DISCUSSION GUIDE

National Introverts Week, founded by Matthew Pollard, is celebrated each year during the third week of March. Established as a way to help encourage introverts to be proud of who they are, this week aims to help change stereotypes and confront the stigma often associated with introversion. There are many attributes and qualities that make introverts a dynamic and successful part of our society. Many famous self-proclaimed introverts like Bill Gates, Ivan Misner, Elon Musk, Steven Spielberg, Oprah Winfrey and Tom Hanks, have had a profound impact in the world. Introverts have been known to have improved listening skills, a strong sense of loyalty as well as a sense of empowerment.

The questions below can help employees and signatory organizations introduce or delve deeper into larger conversations about National Introverts Week and its impact.

EMPLOYEE DISCUSSION QUESTIONS:

- While introversion is sometimes thought to be a negative, discuss a time when having an introvert on your team was a benefit. What new skills or valuable knowledge did you learn from working with them?
- In what ways can we support our introverted friends, family and colleagues?
- What are some ways organizations can support and encourage their introverted employees?
- What's one insight that you've gained from this conversation? What is one thing you want to change based on this conversation?

RESOURCES:

[Celebrating the Superheroes Among Us During National Introverts Week](#)