

Owning Your Career Journey as an Introvert

GoSkills online course syllabus

Skill level

Beginner

Lessons

25

Pre-requisites

No prior experience needed

Video duration

1h 33m

Estimated study time

1h 33m

Instructor

Eilis Wasserman

Introduction

- 1** **Introversion is an asset**
Be yourself- be a confident introvert.

Owning Your Introvert Identity

- 2** **Understanding introversion**
Introversion has a ton of misconceptions around it, especially in today's world of work.
- 3** **Leading as an introvert**
Introverted leadership is powerful, and research shows that introverts can make great leaders due to how they respond and ask questions.
- 4** **Recharging your battery**
Solitude is important for your well-being as an introvert because this is how you regenerate your energy.
- 5** **Managing your energy**
Protecting your time will allow you to manage your energy more effectively.

Presenting Your Best Self

- 6** **Authentic visibility**
It's important that even while you're putting yourself out there, you feel comfortable doing so.
- 7** **Being seen and heard- being assertive**
Your perspective is important, so it's important that you ensure you feel seen and heard at work.

8 **Approachability goes both ways**
Being approachable as well as knowing how to approach others allows professionals to flourish.

9 **Educating your extroverted colleague**
Don't be underestimated by others, especially those with loud personalities.

Authentic Networking

10 **Reframing networking for introverts**
Networking is essentially storytelling, and introverts can shine sharing stories.

11 **Instilling confidence**
Networking first impressions begin with a confident mindset.

12 **Connections and camaraderie**
Authentic connections start with a mutually beneficial relationship focused on a common purpose.

13 **The power of LinkedIn**
Having a strong voice online is a great way to grow your network without pushing yourself past your comfort zone.

14 **Shine one-on-one**
Informational interviewing is the best strategic way to connect to others in a more intimate setting, and this is where introverts shine.

15 **Get on video**
Leverage the power of virtual connections as a way to help you comfortably network.

Communicating at Work

16 **Introducing yourself**
Giving off a strong introduction and perspective into who you are is an empowering step towards building rapport with others.

17 **Surviving small talk**
Relatability and likability go a long way during informal conversations.

- 18** **Exiting a conversation**
If you're no longer interested in what's happening in a conversation, you should be empowered to leave.
- 19** **Introvert friendly meetings**
Your thoughts matter during a meeting, but if you're constantly being talked over, this isn't productive for anyone.

Interviewing with Confidence

- 20** **Anxious yet confident**
A confident mindset is essential to a successful interview, but for an introvert, these scenarios can feel daunting.
- 21** **Preparing as an introvert**
Being prepared for the interview will increase your confidence, and therefore, decrease your nerves.
- 22** **Preparing for the unexpected**
Answering on the spot is difficult, especially for introverts.
- 23** **Interview storytelling**
Telling holistic stories will showcase your full potential for the job.
- 24** **Articulate your worth**
Once you've received a job offer, it's important that you continue to be assertive in the negotiation process.

Conclusion

- 25** **Resilient persistence**
Thanks for watching this course!

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