

'Please Stop Talking' – Thoughts from an Introvert and Reflections from an Extrovert

One presenter thrives in a work environment full of social opportunity while the other prefers quiet isolation. In today's overly-connected society, extroverts tend to be valued and introverts can be misunderstood. Using personal examples, we will explore how introverts can live and function more effectively in an overstimulating world. Introverts will learn to harness their strengths, and extroverts will learn to value and draw upon the power of their counterpart's thoughtful, quiet nature. Not sure where you land? We'll guide you through a quick assessment to provide insight into your temperament

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- Co-Presenter: Anna Koch, University of California, Davis
- Room: San Juan