

## Seminar - The Introverted Leader: Building on Your Quiet Strength

This high impact, full day seminar blends presentation and high engagement to provide a comprehensive learning experience. It is based on its companion book, *The Introverted Leader*. Topics include:

- **How Introverted Leaders Use Their Strengths to Succeed**

Through examples and interaction, you will deepen your understanding of introverted leaders. Who are well known examples? What do the statistics reveal about introverted leaders? What are their key characteristics and strengths? What are the challenges they face in today's organizations?

- **The 4Ps**

This well-tested, progressive four-step strategy is used by successful introverted leaders to build on their quiet strength and make it a source of great power. First, preparation: carefully devise a game plan for any potentially anxiety-provoking situation. Then, presence: knowing you're prepared, be completely focused on the present moment. Then you can push—go beyond your comfort zone. And finally, practice, practice, practice—including networking, making presentations, and handling meetings. A newly revised quiz helps pinpoint where to amplify your quiet strengths and when to consider flexing your style.



- **A Deeper Dive: Applying the 4Ps**

We will review responses from The Introverted Leader Quiz and help participants to focus in on areas of strength and improvement needs. After that, we will apply the 4Ps process to challenging leadership scenarios like networking, making presentations, and handling meetings. Plenty of time will be provided to practice skills and gain confidence. We will also learn ways to create a more introvert-friendly team and workplace.

- **Action Planning: Setting Yourself Up for Success**

We will review which tips and tools can make an immediate difference, and focus on putting those into action.

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*Jennifer B. Kahnweiler, PhD, Certified Speaking Professional, is an author and global speaker hailed as a “champion for introverts.” Her bestselling books, [The Introverted Leader](#), [Quiet Influence](#), and [The Genius of Opposites](#) have been translated into 16 languages. Jennifer helps organizations harness the power of introverts. She has been a learning and development professional and speaker at leading organizations like General Electric, Freddie Mac, NASA, Turner Broadcasting, the US Centers for Disease Control, and the American Management Association.*

Please [contact us](#) for more information