

How to Get the Best From Introverts and Extroverts



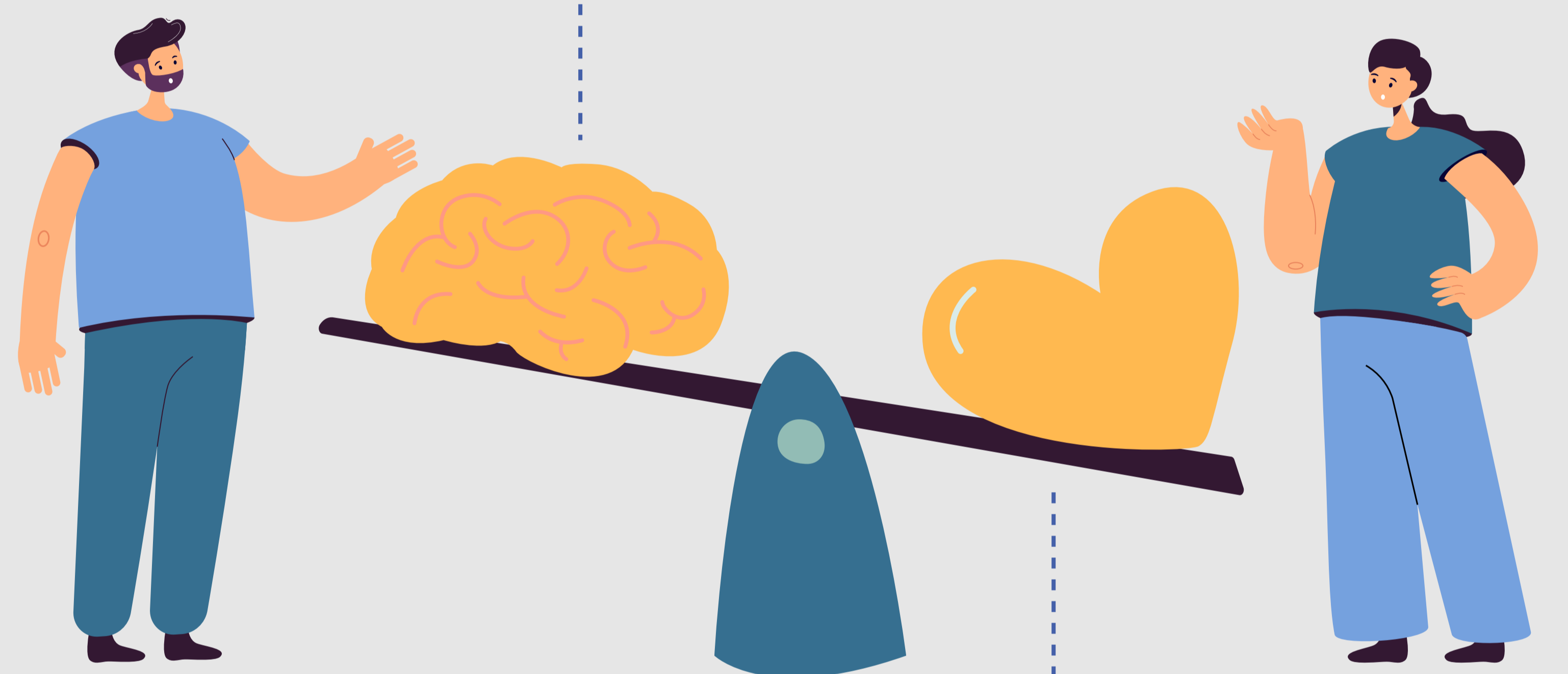
Introvert comes from Latin and means to turn within, whereas extrovert means to turn outside. The third, less mentioned type, ambivert, means to turn both ways.



To support introverts, you should share agendas in advance of meetings. You can also try writing ideas down on post-it notes to be shared on a whiteboard ensures that everyone's views are heard.



50% of extroverts make snap decisions and quick decisions,



while 79% of introverts rely on their intuition and inner feelings (Noman, 2016)



To support extroverts, make sure they have plenty of opportunities to work in groups. Extroverts thrive in an environment where they can bounce ideas around.



In the UK **9/10 PEOPLE** reported feeling pressured to behave in an extroverted manner.