TED TALK

THE POWER OF INTROVERTS

BY SUSAN CAIN

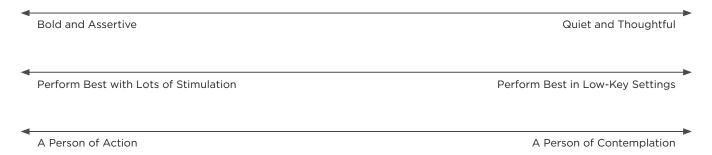
QUESTIONS FOR DISCUSSION

INSTRUCTIONS

Individually or as a group, watch the TED Talk "The Power of Introverts" by Susan Cain (available at leanin.org/power-introverts). Use the questions below for a group discussion on the themes and ideas presented in the video.

QUESTIONS FOR DISCUSSION

 Put an X on the lines below to indicate where you rank yourself on the following spectrums:



- Extroverts often identify with the qualities on the left, while introverts tend to identify with the qualities on the right. Based on your answers above, do you think you're an introvert or an extrovert?
- Susan talks about knowing and embracing "what's in your suitcase." What special skills and interests are in your suitcase? When are you at your best?
- If you could change one thing about your work culture that would help support your personal leadership style, what would it be?
- What can you do to best collaborate with people on both ends of the spectrum?
 Brainstorm ideas and share them as a group.
- How can you support others both in leaning in to their leadership styles and also getting out of their comfort zones from time to time?
- What's one key takeaway from the video that you'd like to share with someone else? With whom would you share it?