



Just-in-Time Career Tips

A weekly Newsletter by
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Be Yourself

Just finished reading an article where the author asserted that extraverts were much happier and more successful than introverts who tended to be more depressed and anxious. The author's remedy: if you're an introvert, do whatever you can to become more extraverted! Hmm....To his credit, the author also mentioned that these personality traits are mostly genetic. In other words, we're born with a preference for introversion or extraversion.

So, what do you do if you're an introvert, which I am? Are we destined to a life of worry and sadness? That would happen if I followed the article's advice and tried to be an extravert!

Just as all extraverts aren't loud and obnoxious, all introverts aren't shy and anti-social. But, we derive our *life-renewing energy* through spending time alone, quietly, or with just a few people. For me, that means I enjoy being around people and large groups. But, after a few hours, these settings drain my energy. To recharge, I take a nap, read a book, or work quietly.

In the workplace, introverts usually benefit from a quiet place to work, free from a lot of noise and frequent interruptions. Introverted executives may need to close the office door at times, turn off the phone, or slip away for a few minutes alone. In my case, I left the office altogether, and chose to work from my quiet, peaceful home office with a virtual assistant. I still see clients in person, and also work heavily by telephone. I conduct most of my networking by telephone and e-mail. The benefit from being myself: I love my life and career, and have become very successful working in a way that suits my personality!

Until next time...here's to advancing your career success!

Michele

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Executive Resume Expert and Career Strategist. Michele is the founder and managing director of Advanced Resume Services. She has been working with executives since 1995. An avid reader, who remains on the cutting edge in the careers industry, Michele's work has been published in more than 10 career books including the Knock 'Em Dead Series by Martin Yate.