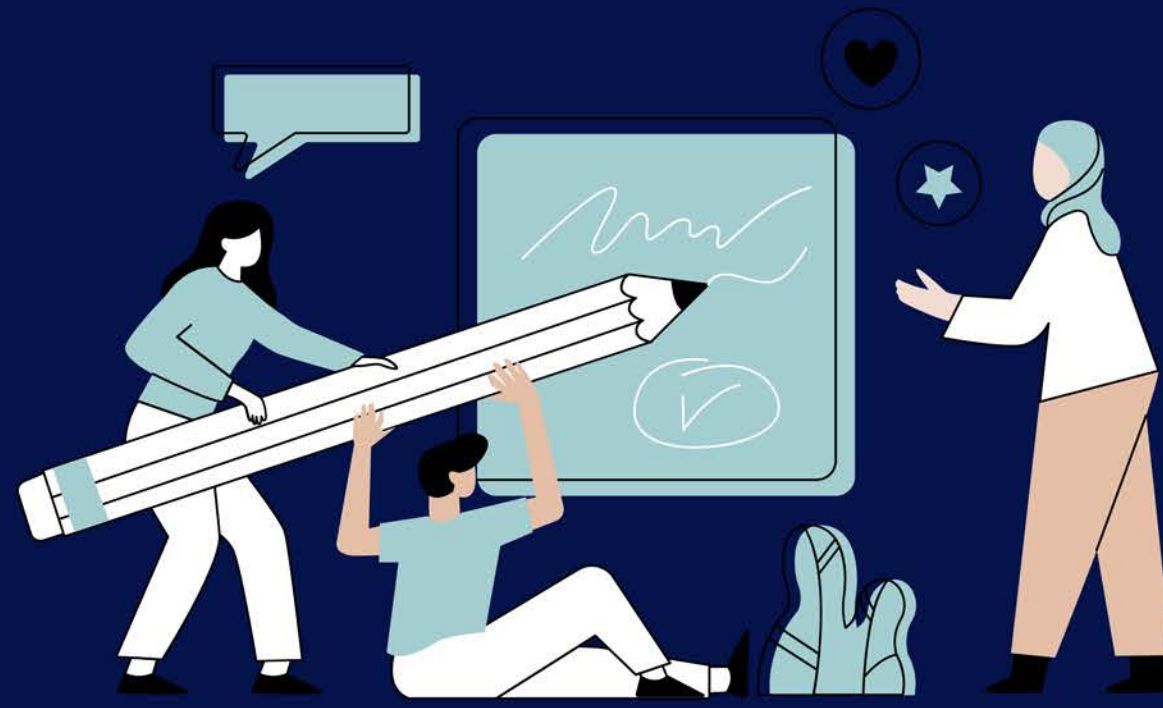


Personality sessions for business



Personality diversity in the
workplace: Understanding
introverts and extroverts

Leadership development for
introverts and overcoming
self-doubt

Self-promotion for introverts a
hybrid workplace

by The Introvert Space™

Contact Richard to book a session for
you and your staff today.

Email me@richardetienne.co.uk or call
+44(0)7872 833998.

welcome

In today's AI-driven world, where virtual interactions and hybrid work are the new normal, understanding personality diversity is more crucial than ever. We face unique challenges in connecting and collaborating, especially for introverts, who often possess valuable strengths that can get overlooked.

It's time to let quiet leaders shine.

This guide is your invitation to unlock your potential and empower fellow introverts. Learn how to navigate virtual spaces with impact, showcase your strengths without draining your energy, and command respect as a quiet leader. Master the art of communication, build your confidence, and discover strategies to make sure your voice is not just heard, but celebrated.

I look forward to working with you.

Richard



about the tutor

Former official videographer to Prime Minister Theresa May, **Richard Etienne** holds senior comms positions within the private and third sectors and has aided the online promotion of global brands in academia, art, and politics for over 18 years.



Richard filming former UK Prime Minister Theresa May © 2018 Joel Rouse

A personal branding consultant to politicians, artists and retired sports stars, Richard takes pride in helping people establish a trusted brand identity and a personal level of interaction with their target audience.



Richard speaking at a technology company away day in Prague, Czech Republic, 2023

about the
sessions

1.

Personality
diversity in the
workplace:
Understanding
introverts and
extroverts

The power of Personality Diversity

Learn how to create a working environment where personality diversity is championed in this interactive session. Learn everything from having more inclusive meetings to creating 'personality allies', effectively breaking down the 'us versus them' mentality regarding introverts and extroverts.

Content:

- Confident speech for introverts
- Working in and managing a team of mixed personalities, both on and offline
- Sharing your ideas in challenging environments, and how these skills can translate to the room
- Attracting diverse talent to your team
- Creating mutually beneficial relationships
- Preparing for high-pressure situations
- Effective well-being habits and rituals



about the
sessions

2.

Leadership
development
for introverts
& overcoming
self-doubt

Building confidence as an introvert leader

Feel like your introverted nature holds you back in leadership? You're not alone. Many introverts face self-doubt and struggle to embrace their natural strengths in the workplace. This workshop is your roadmap to overcoming those challenges and stepping into your full leadership potential.

Content:

- Overcoming self-doubt and silencing the inner critic
- Embracing your introverted strengths: focus, empathy, and listening
- Developing authentic leadership strategies that work for you
- Building confidence in meetings, presentations, and team settings
- Creating your own support network of allies and mentors
- Reframing your introversion as a powerful leadership asset.



about the
sessions

3.

Self-promotion
for introverts
in a hybrid
workplace

Self-promotion for introverts

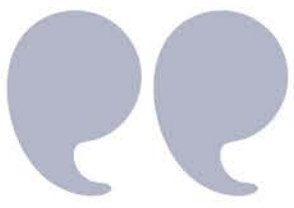
Learn how to get quietly ahead in a noisy world in this practical masterclass. From strengthening your personal brand to networking with confidence and purpose – the tips provided in this interactive session will give you the edge you need to thrive as an introvert professional.

Content:

- Defining and enhancing your personal brand
- How to comfortably self-promote online and in person (without being annoying)
- Protecting your image and data
- Mentorship and coaching
- Using LinkedIn effectively
- Developing confident expression
- Successful interview techniques



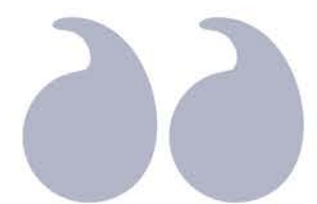
what people have said



Attended Richard's class last night and really enjoyed it. I **picked up some useful tips on how to promote myself as a newly qualified coach.**

I thoroughly enjoyed Richard's [Guardian] Masterclass, thank you! **It was a real confidence booster. I'll be reading his Introvert Survival Guide** today and brushing up my LinkedIn profile with some of those 'power words' from the class.

Richard's Guardian masterclass was fantastic, I learnt so much so thank you. **I also work in comms and am looking to progress my career** and take on a more senior role - any advice is appreciated! **I'm now off to check out [his] Udemy course!**



Contact me today to book your session

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the (not so) small print

Further information:

- This brochure is available in plain Word format.
- In-person sessions are dependent on the client booking, managing and paying for the chosen venue.
- I want to ensure everyone can reap the benefits of these sessions. Therefore, if any of your participants have communication or accessibility requirements, please let me know at least a week before the session.
- To ensure a smooth and successful speaking engagement, you're asked for a non-refundable deposit of 10% of the total fee at the time of booking. This deposit helps my team secure your spot on my schedule and covers the time and effort put into preparing for the session, including research, writing, and creating presentations.

Contact me today to book your session

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thank you

www.richardetienne.co.uk