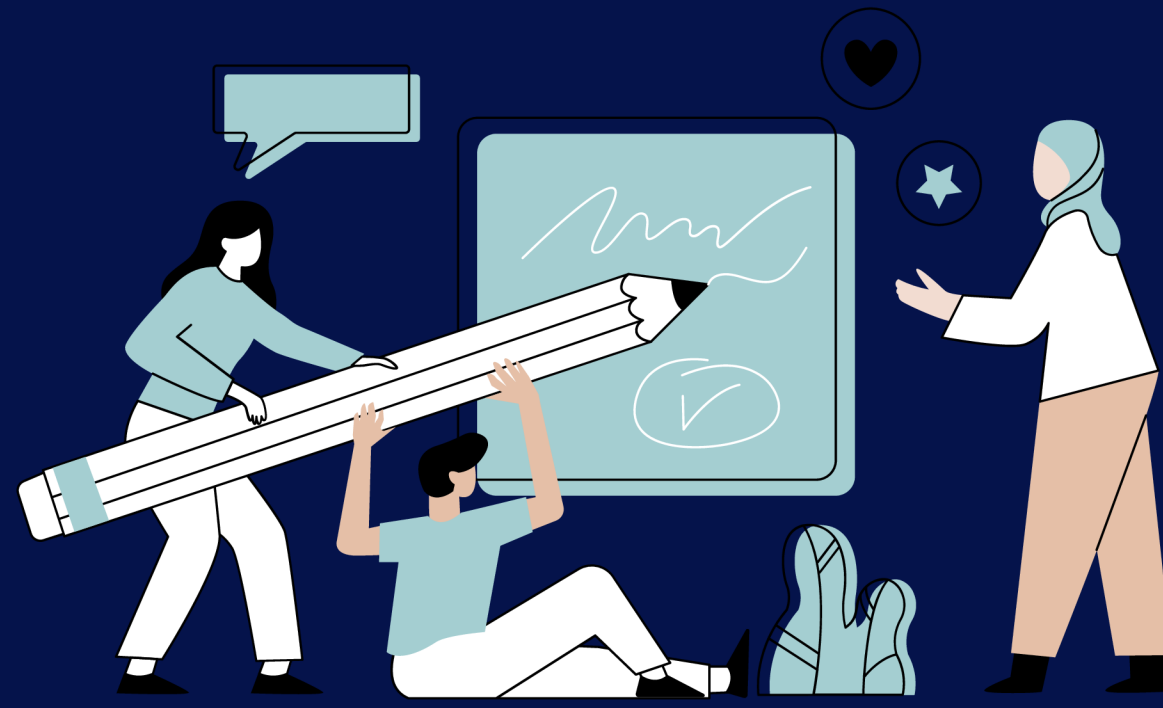


Personality sessions for business



Personality differences in the  
workplace: Understanding  
introverts and extroverts

Developing confident introvert  
leaders

Speaking up as an introvert in  
a hybrid workplace

Bridging generational gaps through  
personality insights

**Contact Richard to book a session** for  
you and your team today.  
Email [richard@theintrovertspace.com](mailto:richard@theintrovertspace.com)



# welcome

In today's AI-driven world, where virtual interactions and hybrid work are the new normal, understanding personality variety 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 those with quiet strengths 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 in  
the workplace:  
Understanding  
introverts and  
extroverts



# Empowering introverts and extroverts to drive success

Learn how to create a working environment where personality differences are 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:

- Explore strengths and challenges of introverts and extroverts.
- Improve communication and collaboration across personality types.
- Build and retain balanced, high-performing teams.
- Manage energy dynamics in meetings and projects.
- Foster a culture where all voices are valued.



about the  
sessions

2.

Developing  
confident  
introverted  
leaders



# 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
- Learn from success stories of introverted leaders.



about the  
sessions

3.

Speaking up  
as introverts  
in a hybrid  
workplace



# Self-promotion for introverts in a hybrid workplace

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:

- Build visibility and influence in hybrid settings.
- Practice authentic self-promotion strategies.
- Master virtual and in-person communication.
- Create boundaries to maintain energy and focus.
- Lead with confidence and impact.
- Successful interview techniques.



about the  
sessions

4.

Bridging  
generational  
gaps in the  
workplace



# Bridging generational gaps using personality insights

Learn how to leverage personality insights to bridge generational differences, foster collaboration, and create a workplace where all ages and personalities thrive.

Content:

- Understand how personality traits shape workplace preferences from Gen Z, Millennials, and more.
- Explore the impact of remote work and hybrid setups on different generations and personalities.
- Equip leaders with tools to support introverted Gen Z graduates transitioning into in-office roles having begun online.
- Foster intergenerational collaboration by aligning communication styles and expectations.
- Build inclusive workplaces that value diverse personalities and generational strengths.

# 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**  
Email [richard@theintrovertspace.com](mailto:richard@theintrovertspace.com) or  
call +44(0)7872 833998.

# 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

[theintrovertspace.com](https://theintrovertspace.com)