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Dear,

So that you don't miss out, please be sure to set your email SPAM settings to permit the newsletter to be delivered.

Happy Spring! In this issue, you'll find:

- * A Chance to Share Your Biggest Challenges in a New Survey
- * The Benefits of Just Being (Part I of a two part article)
- * Your Practical Tip for this issue
- * FAQ

My Very Best Regards to You,
Joyce

New Survey: What are Your Biggest Challenges?

Please take a minute to share your personal experience in my new quickie survey of your biggest challenges as an introvert!

All responses are completely anonymous. Aggregated results from everyone who takes the survey will be reported here in the next issue.

THANK YOU!

[Click Here to Take the Survey](#)

The Benefits of Just Being, Part I

By Joyce Shelleman, PhD

More than twenty years ago, I had dinner with a classmate who was upset about our graduate seminar session that had taken place that afternoon. During the course of our conversation, I shared with him some information about a church I had recently attended and gave him a brochure. Now, let me be clear about this. I was not evangelizing in any way; rather, he was discouraged and I felt that his questions matched the philosophy of the organization. I was not even a member and had no vested interest in steering my friend in that direction.

As it turned out, it was a home for him and his family and they joined another fellowship of that religious community. Years passed until about a week or so ago. I had lost touch with my former classmate until I discovered him on an on-line social networking site. I was amazed to find that he is, some two decades later, now in the final months of a ministerial program in the church that I introduced to him. Here's what he said in a note about synchronicity:

"But for that chance conversation, and for Joyce's compassion and caring, I might never have started down the path toward my call to ministry."

Was I surprised and flattered? You bet. What a compliment! As I reflected on this though, I realized that it goes beyond that to illustrate some points that other introverts might find useful. What are they? Here are the first two:

- Live each day according to your values. *For me, that was listening and trying to help someone in need with all that I had to offer. I believe that this is part of staying centered in an extraverted world; by being centered on what matters most to you, you are more likely to have a greater impact and overcome the disadvantages of deviating from the*

expected norm.

- Try to be mindful and present each moment. *We never know what might be the long term or ripple effects of our actions. I was fully in the moment when I offered something to my classmate. Mindfulness goes along with being centered as a strategy for gaining presence as an introvert.*

Sometimes great value can come from relatively simple things, like living mindfully. A couple of additional points for introverts came from my consideration of what happened that day. In the next issue, I'll talk about the relationship between making a difference and networking. To be Continued.

[Click to go to shelleman.com, Leveraging the Potential of Introverts in Professional Life](#)

Practical Tip

Learn to say, "Let me get back to you on that." One of the things that introverts tend to be worst at is thinking on our feet. We are hardwired to need more time to reflect and usually learn the hard way that the first thing that comes to mind is usually not the thing

we would say if we had time to reflect first.

What you'll find though is that most people are okay with waiting for a thoughtful response. Just be sure that you do get back to them when promised. And it helps to tell them when to expect your reply. So – for the next 30 days – practice saying, "Let me get

back to you on that" and see if it doesn't make your life easier and make you more confident in the decisions you make, feedback you give, and so on.

Frequently Asked Questions

I've added a new FAQ section to the website.

Q: *I'm not sure that I want to work with someone over the phone. How does it work?*

A: Before I had experience with phone work, I had the same reservation. But I discovered that telephone work is usually ... (for more, click on the link below)

[FAQ](#)

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