

Succeeding as an Introvert

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Outline

- ✧ 0. A bit about you and me.
- ✧ 1. What makes me an introvert?
- ✧ 2. How being an introvert helps me.
- ✧ 3. How to succeed as an introvert.



0. A bit about you and me.

Special Thanks

✧ Martin Hynie

✧ Mark Tomlinson

✧ Susan Cain

✧ Lauren Helgoe

✧ Extroverts who make me uncomfortable

You



✿ 1. What did you want to be
when you grew up?

✿ 2. Where are you in your element?

Me

- * Tester
- * Mindmapper
- * Questioner
- * Listener
- * Introvert





1. What makes me an introvert?



**I don't want to be alone.
I want to be left alone.**

--Audrey Hepburn

EFFECT OF PEOPLE AROUND INTROVERTS



3 PEOPLE ⌚
IN AN HOUR



4 PEOPLE ⌚
IN AN HOUR



5 PEOPLE ⌚
IN AN HOUR



6 PEOPLE ⌚
IN AN HOUR



ALL BY ⌚
MYSELF

What are you doing?

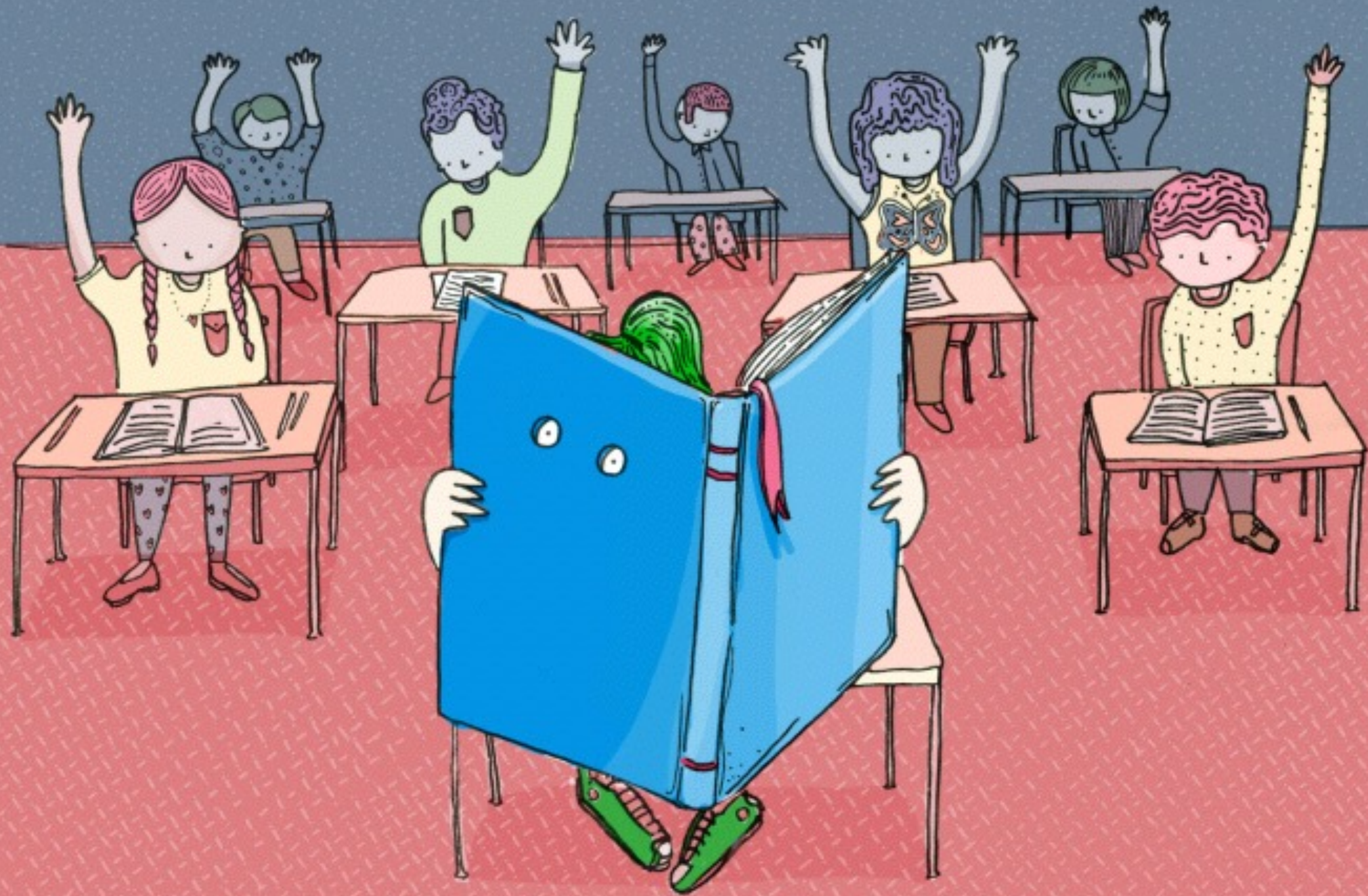
... interacting
with you.



I WANNA BE



**WHERE THE PEOPLE
AREN'T**



THERE ARE DOZENS OF US!



DOZENS!

2. How being an introvert helps me.

MY WORDS
SOUND BETTER
COMING
FROM MY HANDS
THAN FROM
MY MOUTH



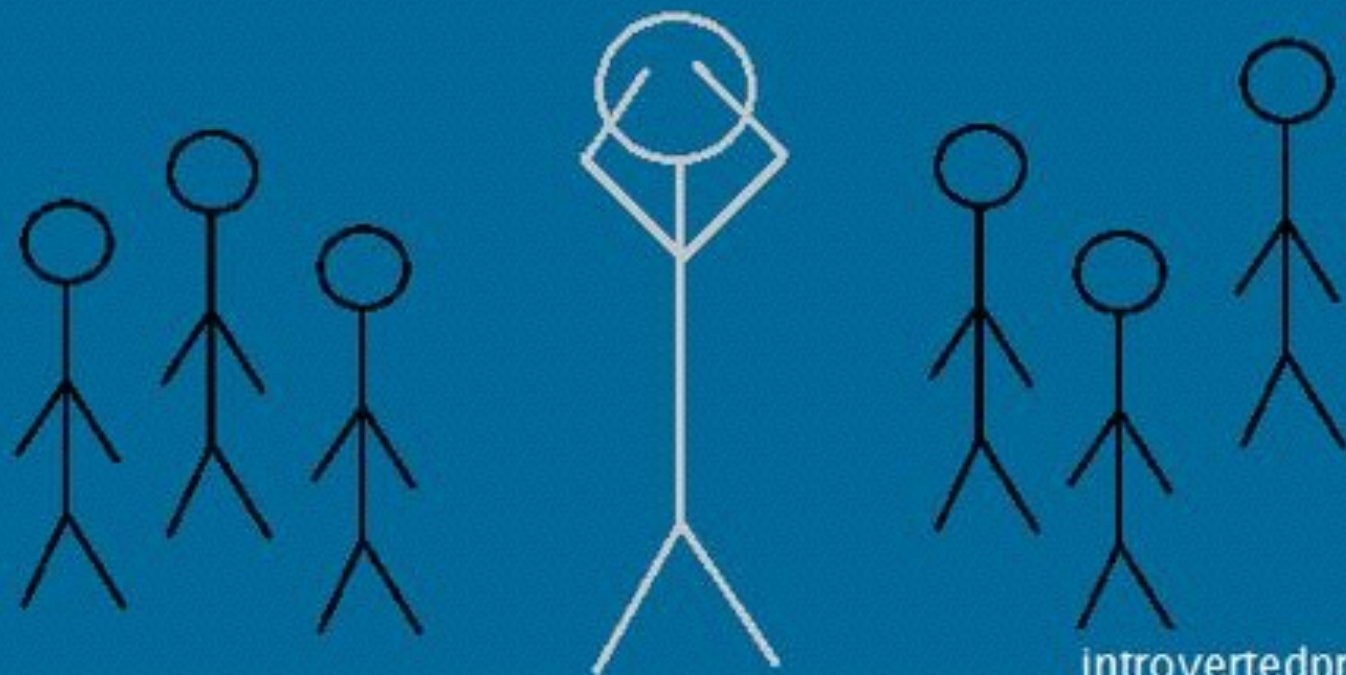
It was great talking to
you today.
I'm good for
another year.



som^{ee}cards
user card

Introvert Problem #98

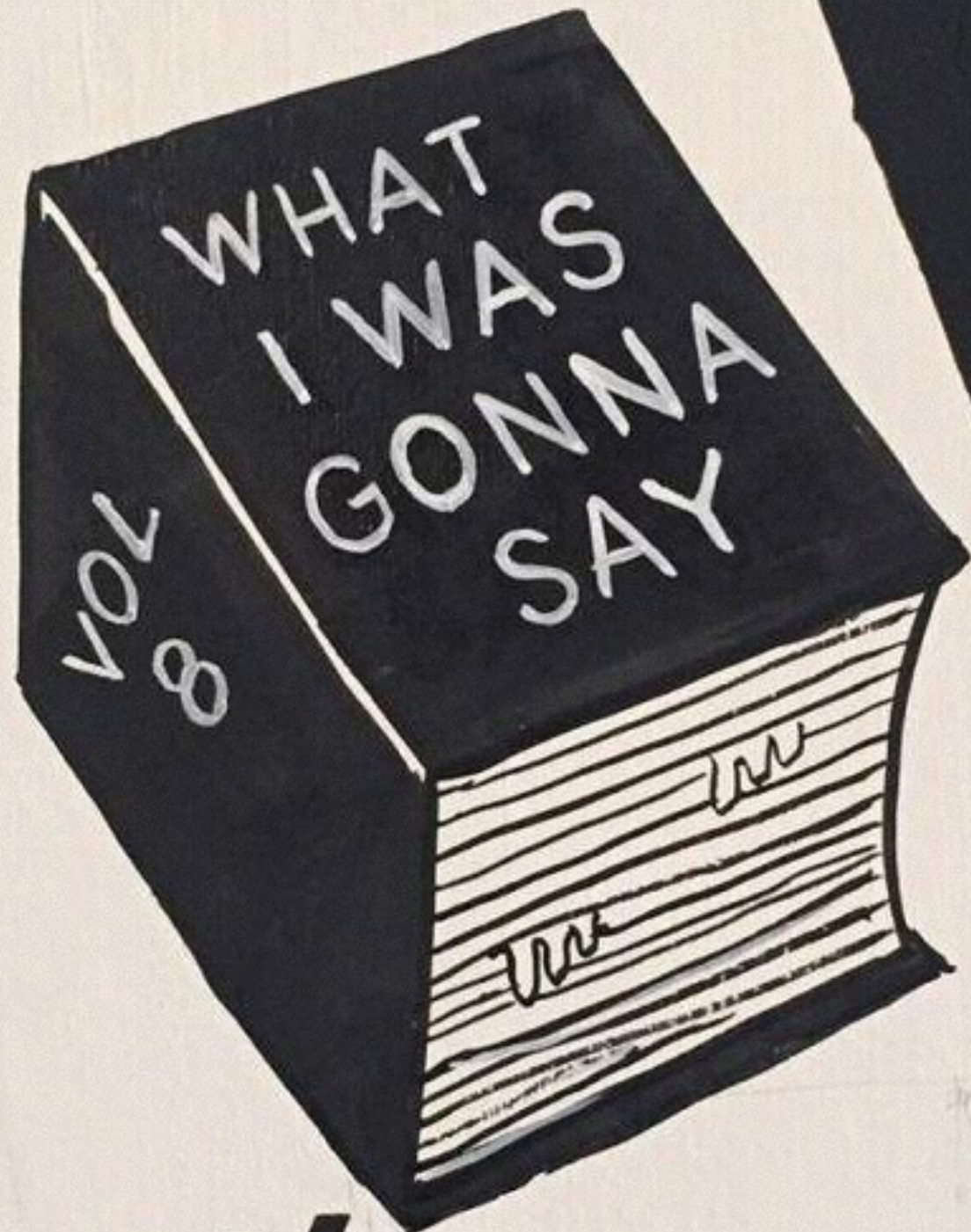
Being judged because, rather than socializing around the office, you actually do your job.





I like to look for things no one else catches.





-VS-

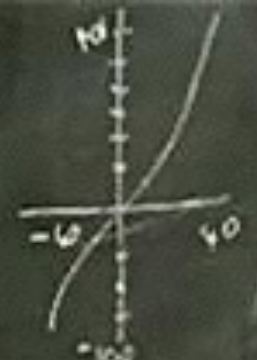
REWARD

RISK



$$d\Omega dF dz d^n p$$

$$[z(z)] \left[\frac{F}{f(z)} \cdot p \right] f(z)$$



$$H = \frac{1}{R}$$

✓ EFE - photo spectra (a) $F = \frac{c}{g}$
 THE SOLUTION IS: $x = \frac{c}{g}$

$$(1+z)^2 \sqrt{1+2q\delta^2}$$

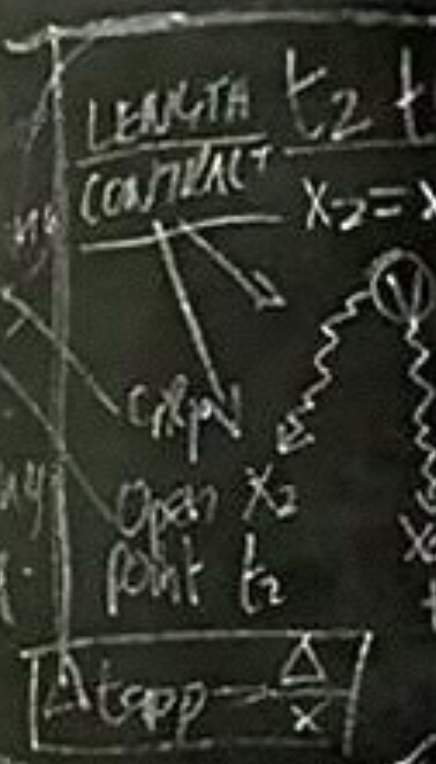
What if?

$$\nabla p + \vec{\nabla} r \cdot \left(p + \frac{p_{th}}{c^2} \right) \leq 0$$

$$\vec{u} = -\vec{\nabla} \Phi \sim R^3$$


CR DENSITY OF THE UNIVERSE

- Ricci scalar
- R tensor PROPORTIONAL



$$\Delta t_{app} = \frac{\Delta t_{prop}}{\sqrt{1-2\beta^2}}$$

INTERAP

A young woman with long, straight blonde hair and blue eyes is smiling broadly at the camera. She is wearing a light blue top. In the background, two other students are visible but out of focus. One is a boy with dark hair wearing a blue and white striped shirt, and the other is a girl with dark hair. The setting appears to be a classroom with a whiteboard in the background.

On Wednesdays we wear pink.

Huge Brooklyn Technology

Core Value

Collaborate

Is Awarded To

Elizabeth Zagroba

lorem ipsum

December 4, 2015

If you've
LULU - THEGOODVIBE.CO
made your
point, stop
talking.

2. How to succeed
as an introvert.



Introverts:

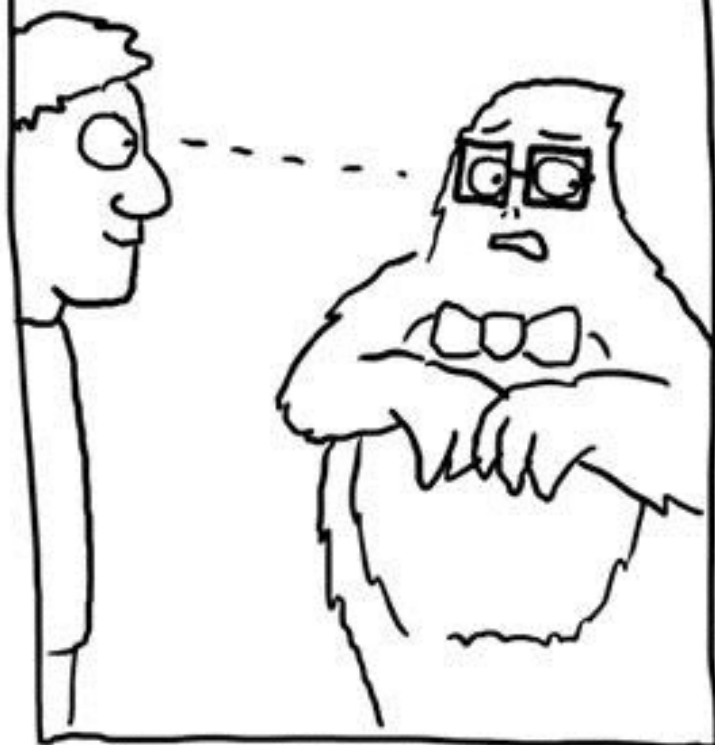
Ask for what you need.

Everyone:

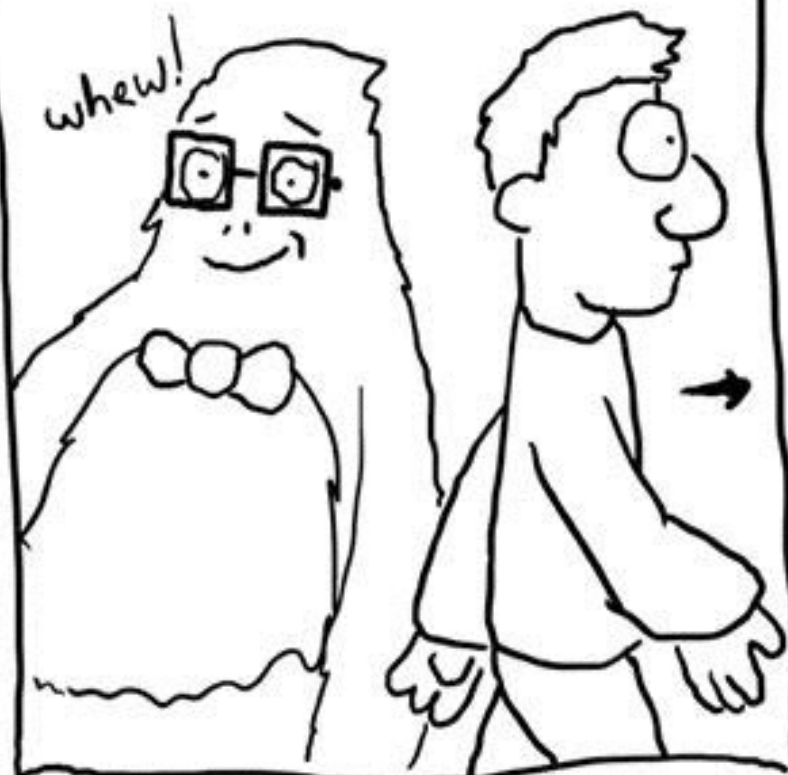
Treat others how
they want to be treated.

HOW TO MAKE SMALL TALK WITH AN INTROVERT:

STEP 1: IDENTIFY
THE INTROVERT

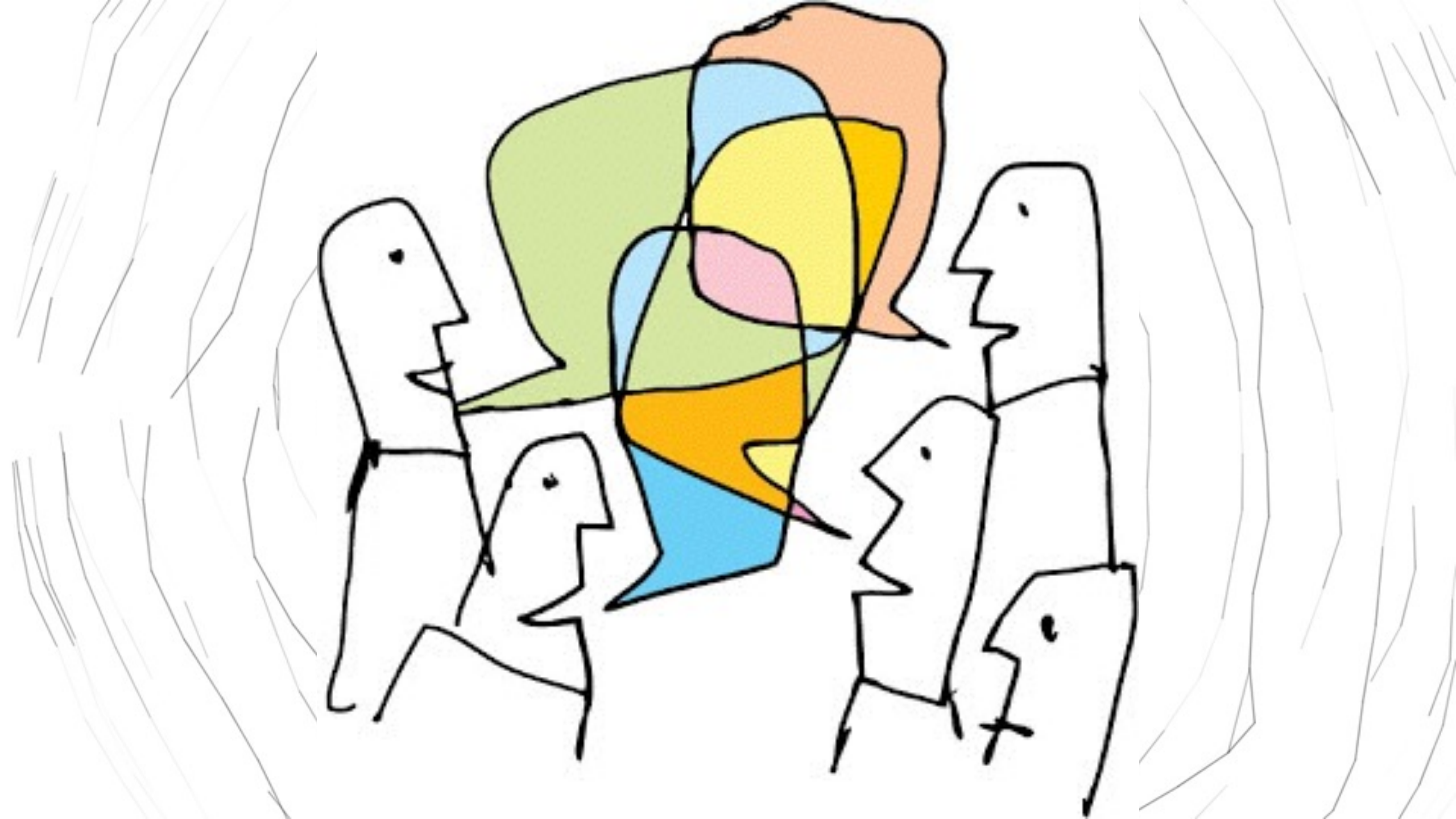


STEP 2: DON'T.



theAwkwardYeti.com







Catching the worm was great.
But all this time away from
the flock? Priceless.

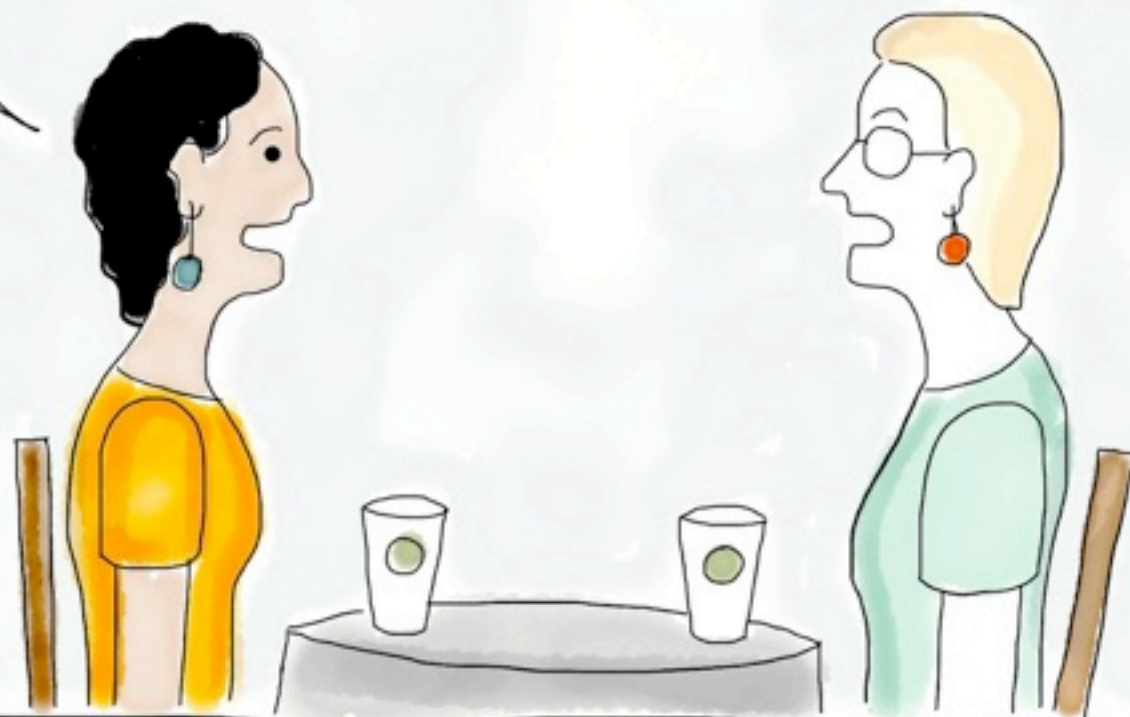


AK 13

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What's it feel like to be peopled out?

Like you need ten hours of sleep
but just drank ten cups of coffee.



tex

I HAD TO TAKE
A SICK DAY.



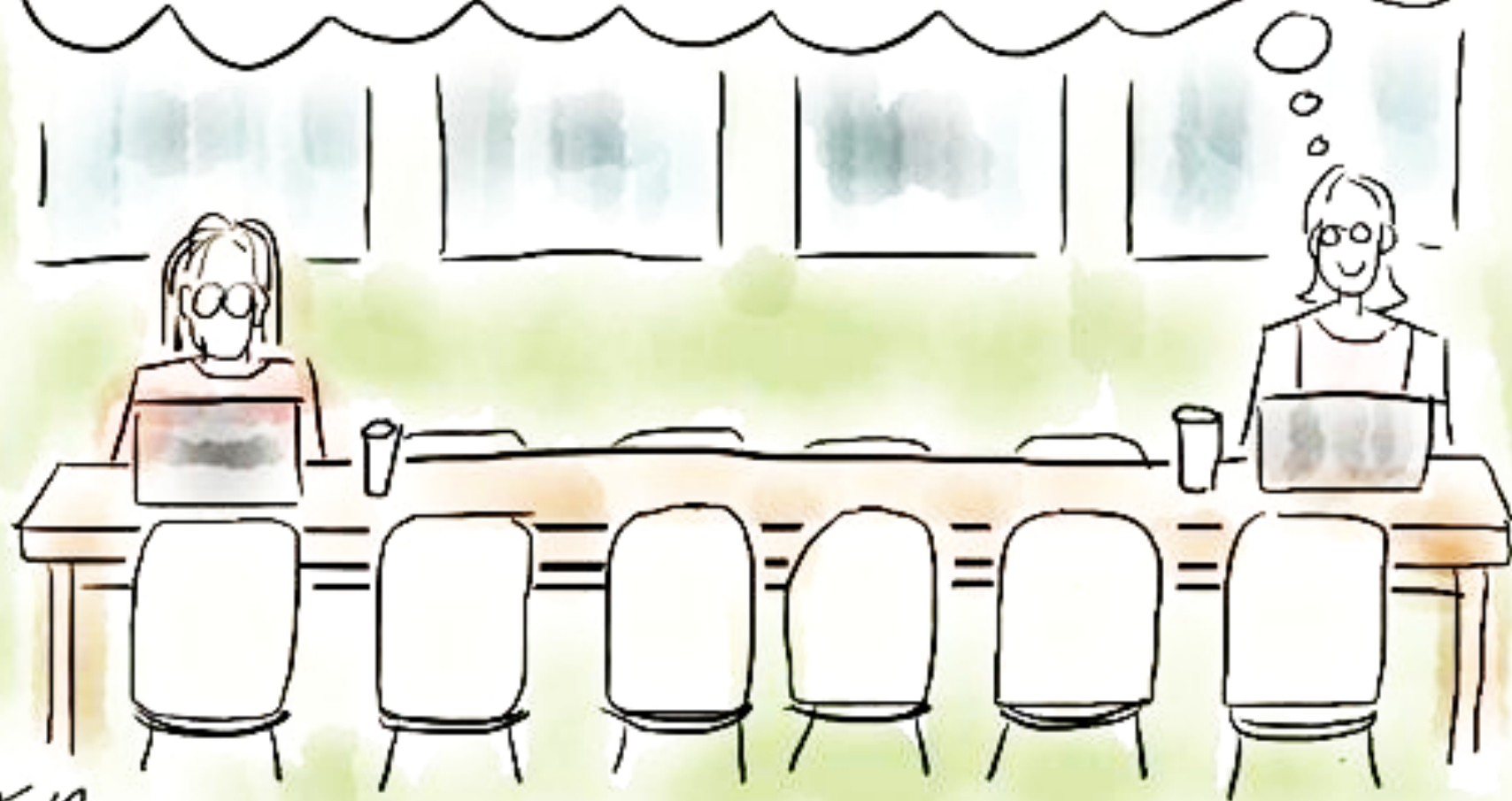
I'M SICK OF
THESE PEOPLE.



lingvistov.ru

more: lingvistov.ru/doodles

I have no idea who she is, but it's
nice to have company who "gets it."



JK 19

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You



✿ 1. What did you want to be
when you grew up?

✿ 2. Where are you in your element?

Me

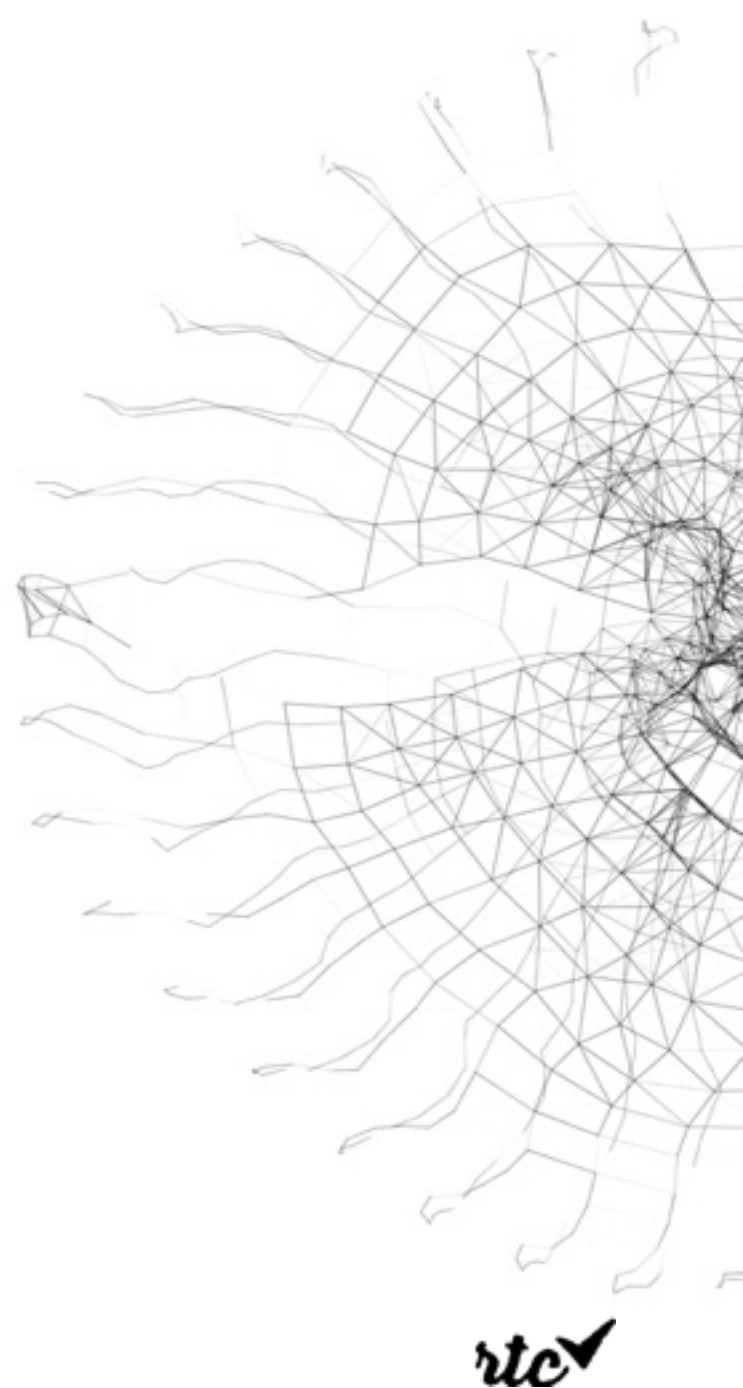
* Writer

* Alone at home



Thank you.

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Connect with me

- * Twitter: @ezagroba
- * Medium: @ezagroba
- * Ministry of Testing Slack: @ez
- * Testing Community Slack: @ez
- * <https://elizabethzagroba.com>

References

- ✧ Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain
- ✧ Introvert Power: Why Your Inner Life Is Your Hidden Strength by Lauren Helgoe
- ✧ "Introverts in Agile" by Katrina Clokie
- ✧ "This is the Scientific Explanations for Why Introverts Like Being Alone" by Jenn Granneman
- ✧ "Can You Really Improve Your Emotional Intelligence?" by Tomas Chamorro-Premuzic