

MAINTAINING INNOVATION.....IN ISOLATION

Extroversion and Introversion are psychological types that describe where you typically focus your attention and where you get your energy. They are defined by the [Myers Briggs Type Indicator \(MBTI\)](#) and form part of a broader personality profile.

Typically, a person with a preference for **Extroversion** will get their energy and focus their attentions on the 'external world'.

If you have a preference for Extroversion, you will find that the following statements generally apply to you:

- I am seen as "outgoing" or as a "people person."
- I feel comfortable in groups and like working in them.
- I have a wide range of friends and know lots of people.
- I sometimes jump too quickly into an activity and don't allow enough time to think it over.
- Before I start a project, I sometimes forget to stop and get clear on what I want to do and why.

A person with a preference for **Introversion** gets their energy and focuses their attention on their 'internal world'.

If you have a preference for Extroversion, you will find that the following statements generally apply to you:

- I am seen as "reflective" or "reserved."
- I feel comfortable being alone and like things I can do on my own.
- I prefer to know just a few people well.
- I sometimes spend too much time reflecting and don't move into action quickly enough.
- I sometimes forget to check with the outside world to see if my ideas really fit the experience.

The word 'preference' is used in MBTI to describe the behaviours that come most naturally to us, akin to having a preference for using either your right or your left hand to write with.

You could write with your non preferred hand, it would just feel clunky and take a lot more energy and effort.