

Are You An Introverted Skeptic?

You may be an introverted skeptic if you connect with several of the following phrases. Imagine a scale of 1-3 and see how highly you resonate with these combined characteristics.

3) Yes, that's me.

2) Maybe I feel that sometimes.

1) Nope, not me.

- I enjoy taking the time to evaluate a problem, solution, or idea from multiple perspectives alone or with a small trusted group.*
- Meetings, presentations, and networking are exhausting and I sometimes wonder how useful it really is for me.*
- If I don't believe you will accept or respond well to my questions, I'm not going to use my energy to ask them.*
- If I'm passionate about a topic, I'm not only willing - but eager - to discuss it in detail.*
- While I know it's important to be visible, I'm not always interested or willing to talk about my accomplishments.*
- It's stressful for me to make decisions or take action when I don't feel there's enough clarity.*
- It feels like a win when I can see how pieces fit together and can work productively together.*
- It's not that I'm shy or socially awkward; it's that I am selective about how I spend my time and with whom.*
- I recognize the importance of personal and professional growth and development - it's part of why I ask questions and seek information.*
- People are fine to be around when they aren't exhausting me. Small doses can be enough.*

How likely is it that you are an introverted skeptic? Take a moment to score 3 for Yes, 2 for Maybe, and 1 for No for each of the items. As you think of a cumulative score, take a moment to reflect on what that means for you.

Score 20-30? Seems you are an introverted skeptic! As you process the information in this book, it's reasonable that you will question some of what I'm saying. As a coach, I'm happy to say that you can take what you find helpful and let the rest percolate. Maybe it will resonate later or maybe that's just not one of the ways you interact with the world. My goal is for you to have reflection time and recognize the strategies that are of service to you!

Score 10-20? You have some aspects of being an introverted skeptic and perhaps not in other ways. As you read and process the chapters ahead, you have an opportunity to think through how these strategies may add to your leadership capabilities. Take advantage of those things that truly resonate and let your mind consider adjacent alternatives as needed.

Score 0-10? While you are not likely to be an introverted skeptic, perhaps you know someone in your circle who could be. Gaining insight into how others think can be incredibly helpful as you build relationships, coach others, and lead a diverse team. While the strategies may not be what you need personally, consider how you might use them to help or support others.

The above section is an excerpt from C.O.A.C.H. Y.O.U. The Introverted Skeptic's Guide to Leadership.

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