

Speaking out

This exercise is designed for groups of 10–20 from early to mid/late career. It explores participants' preferences for Extraversion or Introversion and encourages them to reflect on ways in which they can work more effectively with those with similar and differing preferences. Participants do not have to be intact teams – the exercise also works with people who do not know each other that well.

It requires at least four people with an Introversion preference and four with an Extraversion preference, along with at least two observers.

Applications:

Communication styles

Conflict between opposite preferences on E/I dichotomy

Differences between E and I

Type preferences studied:

Extraversion and Introversion

Time required:

20–25 minutes

Product code: JT0930e

