

THE POWER OF INTROVERTS

“Introverts are hermits. Introverts don’t like people. Introverts can’t hold a conversation.” These are some of the myths associated with introversion, the highly misunderstood personality type. In a society where the most extroverted are celebrated and rewarded, how do introverts fit in? For those who acknowledge and embrace their introversion, they know how to create a space for themselves. For those who are masquerading as extroverts, they are exhausted because they haven’t mastered how to be their true, authentic selves. For others, they don’t even realize they are introverts because of the stigma attached to the word - - who wants to be associated with such negative descriptions? In this course we will unpack this together and discuss the power of introverts, the beautiful balance of relationships with extroverts, how we support and honor both personality types, and much more.



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YOUR INSTRUCTOR: Jeri Bingham



Jeri Bingham is an introvert advocate and strategist, and the founder of *HushLoudly: Introverts Redefined*, an award-winning WGN Radio podcast and brand. Dedicated to amplifying the voices of introverts in a world that celebrates and rewards the most extroverted, Bingham is on a mission to empower, through education and understanding, the most ill-defined, misunderstood personality type. Bingham is an adjunct lecturer for Northwestern University and speaks frequently on the topic of introversion at universities and companies. She has been featured in *The Chicago Tribune*, *Cosmo UK*, *Color Magazine*, WGN Radio Chicago, and the *Myers-Briggs Company Podcast*. She is a contributing writer for the *Myers-Briggs Magazine* and *Rolling Out* magazine. Her Myers-Briggs articles include "Inclusivity Includes Black Introverts" and "Be a Champion for All, Including Your Introverts." Bingham is a higher education administrator and marketing communications executive who has served in lead accountability positions in academia and non-profits for more than 25 years.

WEDNESDAYS, OCTOBER 2 THROUGH NOVEMBER 6

3pm AK | 4pm PT | 5pm MT | 6pm CT | 7pm ET

Each session is 90 minutes

- Live Lecture 1, Wednesday, October 2
- Live Lecture 2, Wednesday, October 9
- Live Lecture 3, Wednesday, October 16
- Live Lecture 4, Wednesday, October 23
- Live Lecture 5, Wednesday, October 30
- Live Lecture 6, Wednesday, November 6

To register, please contact your local Osher Institute.