

7 Tips to Help Introverts Be Outgoing

Summary: *Introverts do not need to change who they are in order to be outgoing at the right times.*



Introverts are defined as socially quiet or shy people. Many assume that because they are an introvert that they can't be successful in social careers, but this is not true. There will always be times that you must step out of your comfort zone to approach social events, and you can do so with ease. Here are some tips to help you be more outgoing.

1. Rethink Your Perception

Although work gatherings are required evils and more of a forced work event than a casual time to unwind, going in with that frame of mind will make them unpleasant. Change your perception of these events as something that is necessary to further your career, and they won't seem as painful.

2. Prep

Small talk can be exhausting for just about anyone, especially introverts. To help ease yourself into small talk, have a few well practiced phrases on hand. These phrases can be as simple as stating that you never know what to say at these events. Something so simple and honest can be relatable by just about everyone at the event.

3. One-on-One

Most introverts are more relaxed talking to just one other person compared to a group of three or more. Since you are an introvert, it is safe to assume that not many people at the office know much about you, so when you do speak, they will listen.



3. Listen

This is your best quality, so use it to your advantage. Repeat what they are telling you occasionally so that they know you are truly listening.

4. Ask Questions

Small talk can seem like a very trivial activity, and sometimes it actually is. Asking questions that are uncommon easily spices up the conversation and makes it more interesting. Ask where they grew up, if they have a favorite book, or what the last book they read was.

See **8 Conversation Starters to Use at Networking Events** for more information.

5. Body Language

This may be the easiest way to appear more outgoing. Facial expressions and body language can show you are friendly and relaxed.

See **7 Helpful Hints to Loosening Up** for more information.

6. Leave early

Don't feel like you have to be at the event from beginning to end. Make the effort to show up and participate, but it is okay to leave early. You will be happier and more excited knowing that you won't be forced to make small talk for hours.

7. Recharge

After you have done your duty and attended the event, reward yourself with something you want to do, even if that is to take a nap.

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