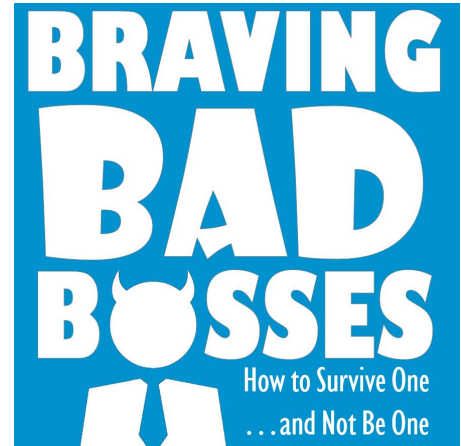


SHOW NOTES

S02-E06 **PAINFULLY INTROVERTED BOSSES**

The Omission of Communication and Personal Contact

There's introverted and there's painfully introverted. There's nothing wrong with a quieter, moderately-paced, introverted leader. In fact, they are often excellent leaders who aren't given enough credit. However, some are so socially awkward, shy, or emotionally ill-equipped that working with them is very difficult.



Maybe you can relate to this. Have you taken a trip to a zoo? You're all excited to see the animals, and the anticipation is killing you! When you arrive, you move from enclosure to enclosure only to see lethargic animals asleep in the distance or sequestered in their shelters barely seen. The whole reason you went to the zoo is to SEE the animals, not read the placards describing them. This is like going to work and wanting/needing access and interaction with your boss but finding him or her sequestered in their den.

It's about taking ownership of your own experience. You need to initiate, show leadership, and take on tasks that might normally be handled by your boss. But do it with his/her blessing and support.

When your boss is painfully introverted, it can come with challenges including not getting the resources you need to do your job. If your boss is like this with you, they are likely like that with their own bosses. Being direct when stating your needs and providing plenty of rationale and support will help your boss feel comfortable.

Information/Links:

- **Four types of introverts:**
<https://psych2go.net/10-interesting-facts-introverts/>
- **6 facts about introverts:**
<https://www.forbes.com/sites/jeffboss/2015/09/10/6-facts-you-should-know-about-introverts-that-have-significant-leadership-implications/#6f34f049182d>

- Shy vs. Introverted: <https://www.inc.com/melanie-curtin/are-you-shy-or-introverted-science-says-this-is-1-primary-difference.html>
- Working with an Introverted Boss: <https://psych2go.net/boss-in-a-bubble/>