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Today's Tip

Are You an Introvert? Boost Your Visibility.

If you tend to avoid the spotlight, you don't have to feel invisible at work. As an introvert, you can make yourself seen and heard—without pretending to be someone you're not.

Don't wait for the "right" moment to jump in. Challenge yourself to be the second or third person to contribute during a meeting. This pushes you to overcome the initial barrier of participation.

Make your presence felt through thoughtful engagement—without being the center of attention. Asking smart follow-up questions, building on what others have said, or simply acknowledging the points made by colleagues are simple ways to get involved in group conversations.

Swap self-effacing statements for more assertive language. For example: Instead of "This may not be right, but ...," try "Another approach could be" Or, instead of "Just throwing this out there ...," try, "I'd like to propose ..."

Leverage [asynchronous](#) communication. This gives you the opportunity to organize your thoughts and articulate your insights without the pressure of responding on the spot.

Frame your wins with gratitude. Statements like "It's a privilege to lead this initiative" or "I'm grateful for the opportunity to contribute to the success of this project" are ways to humbly boost your profile.

This tip is adapted from "[An Introvert's Guide to Visibility in the Workplace](#)," by Melody Wilding