

Personality-Based Communication for Academics - How Introverts and Extroverts Get the Most Out of Their Individual Strengths

Objective

To communicate successfully on the basis of personal preferences and the needs of communication partners

Description

Although introversion and extroversion are well known and widely used in personality tests, there is no training that helps academics to apply these attributes to their professional communication. Introverted and extroverted persons, however, have very different ways of communicating. In academic settings, both personality types face their own challenges:

- Introverted persons may feel stress in situations such as presentations in front of larger groups, or in difficult discussion and negotiation settings.
- Extroverts, on the other hand, may face disadvantages as their communication partners may wrongly assume superficial or "unacademic" attitudes.

This online workshop helps participants

- to understand their individual advantages as introverts or extroverts, and
- to cope with specific communication challenges that come with their personality type.

Methodology

During the online training, introverts and extroverts form two teams and solve three academic communication case studies.

They discuss their own approaches with the other team and find out about advantages and disadvantages in their own strategies.

Trainer



Dr. Sylvia Löhken
IntrosExtros, Bonn

- Certified coach, author and speaker with a professional focus on academic and introverted communication
- Owner of textATRIUM, Bonn and IntrosExtros, Bonn
- Best-selling author, books released in 30 languages
- Experience: Deputy Director of DAAD Office in Tokyo, Head of Board Office, Head of Section for Strategic Planning and Program Development, Press Officer
- Teaching and research experience at German and Japanese universities

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Thursday-Friday, 11-12 June 2026, 9:00 – 12:45
Registration	Click here for registration