

DOWNLOAD PDF THE INTROVERT ENTREPRENEUR BY BETH L BUELOW.

Chapter 1 : Beth Buelow (Author of The Introvert Entrepreneur)

I'm Beth, and I'm an author, speaker, and certified professional coach. I founded The Introvert Entrepreneur in to create a nurturing space where introverts can gain insight, support, and empowerment for entrepreneurship, leadership, and life.

Who are you and what kind of corporate job were you at? My name is Beth Buelow and while who I am evolves every day, I do know a few things for sure: My career leading up to this point was in the nonprofit sector. Over 12 years, I worked for a variety of organizations in different roles, including fundraiser, marketer, webmaster and grantmaker. What made you leave the job? My life has been a string of entrepreneurial desires and adventures, even when I was working within a larger organization. I frequently found myself creating new teams and initiatives that contributed to the organization while feeding my need for innovation and start-up excitement. I left my last job in late because of a move across the country. My job search turned into a soul search, and I found my passion personal development and coaching. I decided that the best way to live out my passion was to strike out on my own. You specifically help introvert entrepreneurs. Introverts are often misunderstood. However, the true definition is actually quite different. You can imagine that the preference for solitude and feeling drained from too much social interaction might run contrary to being an entrepreneur. In fact, if an introvert is aware of how to balance alone time with social time for instance, knowing how many meetings or phone calls you can handle in one day before the energy well runs dry , then there is every reason to believe that an introvert can make a very successful entrepreneur! What tips would you have for an introvert who is preparing to make the employee-to-entrepreneur transition? First, make an intentional choice to notice, and keep a list of, your personal strengths. These might include comfort with working alone, being detail oriented, ability to listen carefully and an ability to synthesize lots of information. Make friends with technology. Experiment with different sizes and types of networking and business gatherings. Find the ones that work for your style and business. And lastly, one of the biggest things I noticed going from employee to entrepreneur was that I really had to manage my time and energy differently. As a work-from-home entrepreneur, the lines can get very blurry. I recommend that as soon as possible, set up a structure for yourself â€” including dedicated physical space and office hours â€” that enables you to balance up and down time. Take care of yourself, and be patient with the transition. That was Beth Buelow , ladies and gentlemen! For more info and help, make sure you visit her at www.

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Chapter 2 : The Introvert Entrepreneur (Audiobook) by Beth L. Buelow | calendrierdelascience.com

by Beth L. Buelow, PCC Now Available from Tarcher Perigee Books/Penguin Random House: The Introvert Entrepreneur: Amplify Your Strengths and Create Success on Your Own Terms A practical guide to help introverts harness their natural gifts and entrepreneurial spirit.

Beth says that the key to accomplishing that is for people of all types to understand and appreciate what it means to be an introvert in an extroverted world. Want to stay in touch with Beth? You can become a fan of The Introvert Entrepreneur on Facebook and follow Beth on Twitter as well as visit her site to learn more about her background and services. Hey Beth, thanks for talking with me. First, please tell us about yourself and The Introvert Entrepreneur. Like many introverts, I spend too much time on social media and the internet. My company, The Introvert Entrepreneur, exists to serve and celebrate introvert energy in our world. I coach introverts on how to find their natural voice, make the most of their strengths, live in alignment with their inner truth, and build a sustainable life, personally and professionally. When did you first discover that you were an introvert and how did that change your perception of yourself and how you related to other people? I was in graduate school, working late on a project in the computer lab and procrastinating. My favorite time-waster-that-felt-legitimate was exploring the psychology section of Yahoo. I stumbled upon a Myers-Briggs Type Indicator assessment and took the test. I came out as an INFJ, and it was like someone had turned the light on in my brain. I realized that there was a natural explanation for my behavior. I read up on everything I could find about being an introvert and felt understood and validated. I wish I could say that the knowledge immediately improved my life or relationships. I had other gremlins to tackle. What was your journey to entrepreneurship like? How did you decide that this was the right focus for you? The story of how I became an entrepreneur is probably reflective of many others, especially introverts. Another move in, this time cross-country and without employment waiting for me, left me feeling a bit lost. Then I discovered coach training and decided to become certified. It was more about becoming a coach than being an entrepreneur. But the more I got into it, the more I realized that being a coach was awesome, but being entrepreneurial was the way to make things happen. Now I had the hook to make an entrepreneurial venture work. At its core, introversion is about how a person gains and drains energy. Many people confuse the concept of introversion with shyness, anxiety, and sensitivity. I think a lot of it stems from our experiences growing up introverted in a society that values extroverted traits. We gain energy in solitude and quiet, and drain energy during social interaction. We live from the inside out, more tuned-in to our internal world than our external environment. We simply prefer to interact in small doses in terms of number of people and time and need ample time alone to replenish our energy reserves. What about the people who are self-professed introverts who appear to be extroverts? Chances are that they have learned two things: Like any skill, they practice and have patience with themselves as they learn. Some introverts look at extroverts with envy because of the ease they have with social interactions. How can introverts build up or rebuild their confidence and pride? Self-confidence is really about self-acceptance. Accept your natural preferences for quiet, solitude, smaller circles of friends and lower stimulation environments. Reflections on the Gifts of Being an Introvert, and take to heart the message that being an introvert is an asset, not a liability. I take care to focus on building relationships with people who nurture me, rather than suck the life out of me. Many people think that introverts hate other people and just want to be hermits away from society. How do you manage your energy and time? Sometimes that means working in the evening, or taking an afternoon power nap. How can introverts in professional or business settings best work with extroverts as well as with other introverts? Introverts tend to prefer small team or solo projects, written communication, private work areas and plenty of quiet space to think things through. Extroverts enjoy bigger group meetings and projects, brainstorming and thinking out loud, and being social with colleagues. This means a few things for introverts working with extroverts: Depend on your listening skills to support extroverts in problem solving. Extroverts expect you to speak up. Decide if you can wait until

after the meeting, or practice interjecting at appropriate moments. Know that extroverts prefer face-to-face, verbal communication. Respect their preference while honoring your needs by scheduling short, focused meetings as needed to clarify key information. As for anyone working with introverts, here are some things to keep in mind: Understand that introverts need space and quiet to gather and process their thoughts. Brainstorming sessions can be stressful unless you ask the introvert to facilitate or scribe. Share the brainstorming topic or question in advance, so they can get a head-start on thinking of ideas to contribute. Allow people to submit ideas in writing, either during or after the meeting. Provide gentle nudging if your introvert colleague is moving too slowly for you or the situation. You may have to ask for feedback directly. Are the scales tipped against introverts in professional settings? What can they do to keep growing their careers? Our workplaces and hiring practices do tend to favor extroverted qualities. They might figure the personality cards are stacked against them, so why bother? An introvert who has a healthy relationship with her energy knows that with proper and intentional self-care, she can turn on the extroverted energy when she needs to. Otherwise, you might be a good fit in every way except energy, and you and your colleagues will be miserable. Sign up for the company softball league? Ask questions during the interview that help you discern what will be expected. Second, find a mentor within your company, someone you can trust and turn to for advice. That person can also give you feedback about skills you want to strengthen. Third, watch for opportunities to be in a leadership role and be in front of the group. And finally, work with a coach or other professional to identify your strengths, and set goals that will amplify them. But our power is in our quieter strengths. We have to learn to channel them. What does success look like for introverted entrepreneurs like yourself? I define success by one simple word: There will be freedom from superficial worry about time or money. And I will feel free to experiment, fail, succeed or start completely over, all in service to the bigger picture. All of these things are at my disposal, if I simply trust myself and the work. And no matter how you personally define success, or how far away it seems, you probably have more of it at your disposal "right now" than you realize. Outside of work, what are your top five tips on how introverts can survive in this extroverted world? You have infinite capacity to achieve what you want, many times because of "not in spite of" your introvert strengths. Shift how you see your introversion. Consider it as an energetic trait, rather than a personality trait. This helps to tease introversion apart from shyness and diffuse the stereotype that introverts are snobby misanthropes. If we look at introversion as energy, we can make better choices that give us room to show up socially in a way that is more outgoing, but from an introverted context. Learn to tap into your natural extrovert energy yes, you have some! Practice honoring what you need. If you want to stay home instead of go out, stay home. Sometimes, you may not feel like you have a choice; you always have a choice. Enjoy the experience for what it is, or say no in the first place. Appreciate the fact that you can enjoy your own company. It means you can travel, work or play by yourself, without feeling lonely. Ultimately, all we have is ourselves, so having the capacity to be your own best friend is a blessing. Recognize that being comfortable with networking, socializing and other things that involve lots of people is a matter of skill and self-preservation. Protect your alone time so that you have energy for the social stuff. Read up on how to make small talk, then go to events so you can practice. Treat it as a new skill to learn, choose to dive in and do it your way. What tricks and tips have you learned over the years? Please share them below in the comments so that we can learn from you!

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Chapter 3 : Audiobooks narrated by Beth L. Buelow | calendrierdelascience.com

Known around the globe as "the introvert entrepreneur", Beth is an author, a speaker, and a professional coach dedicated to helping introverts understand and embrace their unique gifts. In this book she weaves personal stories with wit and wisdom to explore the unique energy that comes along with introversion.

It might have been at school, at home, or at work. Authenticity is a word that tends to be overused, but for a reason. For the introvert entrepreneur, there is much to love in the word authenticity. Living in authenticity means honoring your truth. Coming from your inner wisdom. Being who you are, percent. How do introverts do that in the face of calls to conform to an extrovert expectation, especially as entrepreneurs? The change has to be a two-way street, but introverts can lead the charge. After all, the way we create change in others is to start with change in ourselves. We teach people how to treat us. The authentic introvert entrepreneur has six best practice habits: Everyone falls on a spectrum, and every introvert has some level of extroversion within. See the words introvert and extrovert as verbs: Embraces that less is more. A few close friends and thoughtfully spaced outings will often bring enough interaction to satisfy social needs. Proactively takes care of his energy. Sometimes as little as 10 minutes of down time can be enough to get you through until you can take a longer break. Respects her comfort zone. Manages energy, not time. A client call might only occupy one hour of your day, but it might take the energetic equivalent of three hours. The biggest gift you can give the world "and yourself" is to be unapologetically, happily introverted you. Since founding her coaching company, also called The Introvert Entrepreneur, along with her popular podcast of the same name, she has established herself as a go-to expert for introvert entrepreneurs around the world. This is an article contributed to Young Upstarts and published or republished here with permission. All rights of this work belong to the authors named in the article above.

Chapter 4 : The Introvert Entrepreneur by Beth Buelow, The Introvert Entrepreneur on Apple Podcasts

Beth Buelow, based in Tacoma, Washington, is an introvert. She embraced her personality, launching her own personal development company, the Introvert Entrepreneur, which offers coaching and training services to fellow introverts.

Chapter 5 : Beth L Buelow | The University of Chicago Booth School of Business

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Chapter 6 : The Introvert Entrepreneur by Beth Buelow | calendrierdelascience.com

Beth Buelow is that mentor, and The Introvert Entrepreneur reaches introverts where they live: inside, with their hopes, fears and questions. An indispensable guide." An indispensable guide." -Laurie Helgoe, Ph.D., author of Introvert Power: Why Your Inner Life is Your Hidden Strength.

Chapter 7 : The Authentic Introvert Entrepreneur | Young Upstarts

Beth L. Buelow is a certified coach, corporate trainer, and professional speaker. Since founding her company, The Introvert Entrepreneur, in , along with her.

Chapter 8 : Beth L. Buelow, Author at AlleyWatch

DOWNLOAD PDF THE INTROVERT ENTREPRENEUR BY BETH L BUELOW.

Beth Buelow, PCC, serves as a guide to introvert entrepreneurs who want to amplify their strengths and build sustainable, energetically aligned businesses. She is a professional coach, author, and speaker, is based in the Pacific Northwest and serves introverts worldwide.

Chapter 9 : The Introvert Entrepreneur PDF Summary - Beth Buelow | Audiobook

The Introvert Entrepreneur: Amplify Your Strengths and Create Success on Your Own Terms by Beth Buelow is not only a hands-on and useful model to benefit introverts to use their natural strengths to be successful in business - it is well written book that is a joy to read.